

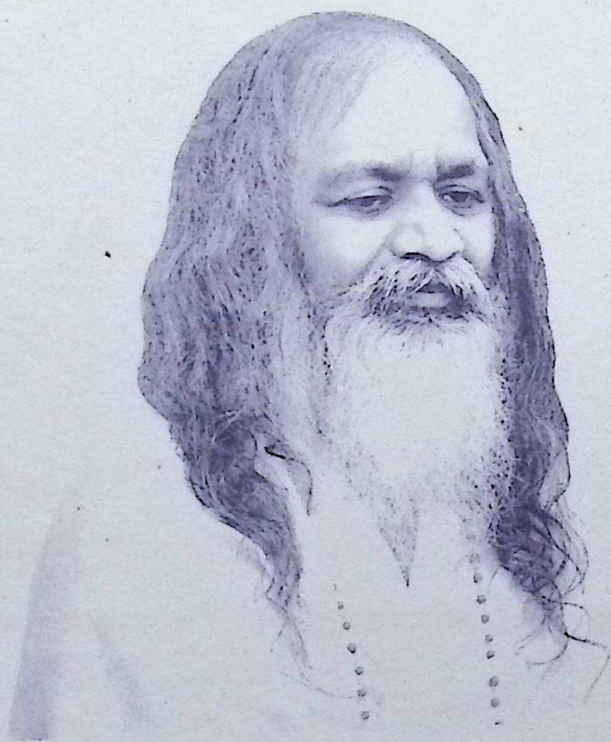
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MAHARISHI TECHNOLOGY OF THE UNIFIED FIELD

Results of Scientific Research
on Maharishi's
Transcendental Meditation
and TM-Sidhi Programme

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HIS HOLINESS MAHARISHI MAHESH YOGI

Founder of the Transcendental Meditation and TM-Sidhi Programme (1957-1976); Founder of the Science of Creative Intelligence and the Technology of the Unified Field (1971-1982); Founder of Maharishi European Research University, Switzerland (1975) and Germany (1982); Founder of Maharishi University of Natural Law, England (1982); Founder of Maharishi International University, United States (1971); Founder of Maharishi Academy of Vedic Science, India (1980); Founder of Maharishi Vedic University, Washington D.C., United States (1984); Founder of Maharishi Agricultural University, Brazil (1984); and Founder of the World Government of the Age of Enlightenment (1976).

These pages contain the results of 3000 pages of scientific research and document the historic development of higher states of consciousness in the individual, enabling him to spontaneously live more and more in accord with natural law and purify world consciousness. The holistic vision of all the scientific research records the historic transformation of time from the scientific age to the Age of Enlightenment brought about by Maharishi's teachings, which started with Transcendental Meditation and developed into the TM-Sidhi programme and finally the Maharishi Technology of the Unified Field, progressively giving rise to the dawn of the Age of Enlightenment and the rising sunshine of the Age of Enlightenment, and culminating in the establishment of unified field based perfect civilization on earth.

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INTRODUCTION

TRANSCENDENTAL MEDITATION

His Holiness Maharishi Mahesh Yogi brought to the world in 1957 the simple, natural, and effortless technique of Transcendental Meditation to unfold the full creative potential of higher consciousness latent in every individual. This knowledge came proclaiming the solution to the problems of life through the development of higher states of consciousness.

Maharishi's proclamation 'life is bliss' began to be appreciated more and more as the experiences of Transcendental Meditation were more and more widely enjoyed by people around the world. People experienced improved health, greater success in enterprise, increased intelligence, improved family life, and a subsiding of negative tendencies and an increase of positive trends in their lives. Very soon scientists in many fields began to probe into these startling and unprecedented experiences.

From the beginning of his teaching, Maharishi has explained that the Transcendental Meditation programme is systematic, repeatable, with verifiable results, and therefore scientific in character—that the mind, in experiencing finer and finer levels of the thinking process and arriving at the source of thought, identifies itself with the field of unbounded

awareness, pure intelligence, the Self, the ultimate reality from where all the laws of nature conduct and govern all processes of individual life. Thus, drawing upon the infinite potential of natural law, the conscious mind inherits the unlimited organizing power of nature and experiences it in every aspect of life—physiology, psychology, behaviour, and environment. This enrichment of all aspects of life has been documented by scientific research.

SCIENTIFIC RESEARCH ON THE TRANSCENDENTAL MEDITATION AND TM-SIDHI PROGRAMME

The growing interest of the scientific community in Maharishi's teaching resulted in the first major research programme to identify the physiological correlates of higher states of consciousness, conducted by R. K. Wallace at the University of California and published in *Science* in 1970.

Dr. Wallace's pioneering research into the physiology of higher states of consciousness inspired the scientists of the world to probe deep into the wide range of benefits resulting from Transcendental Meditation. Dr. Wallace's research, together with the first 100 research studies to be completed following his initial discoveries, formed the basis for the publication of the first volume of *Scientific Research on the Transcendental Meditation and TM-Sidhi Programme: Collected Papers*, published in 1976 with a special foreword by

Maharishi. In the following eight years, Volumes 2, 3, and 4 of the same work were produced and are now in print. A fifth volume is currently in preparation. These five volumes document the results of over 350 scientific studies conducted at more than 160 independent research institutions and universities in 27 countries, and cover every area of science concerned with human development.

THE SCIENCE OF CREATIVE INTELLIGENCE AND THE WORLD PLAN

It was on the basis of the first scientific research, together with the practical experience of hundreds of thousands of people practising Transcendental Meditation throughout the world, that Maharishi in 1971 founded the Science of Creative Intelligence, with Transcendental Meditation as its practical aspect. Through the Science of Creative Intelligence the development of higher states of consciousness came to be understood in scientific terms and, through scientific experiments, the experiences were objectively verified to be true. Maharishi started to train teachers of the Science of Creative Intelligence and, in 1972, in the presence of 2000 newly trained teachers of the Science of Creative Intelligence, inaugurated the World Plan to solve the age-old problems of mankind in this generation by establishing 3600 centres for teaching the Science of Creative Intelligence on all continents.

RESEARCH ON CONSCIOUSNESS AS A FIELD OF ALL POSSIBILITIES

In the first section of this book, the research findings contained in Volumes 1–4 of *Collected Papers* are listed under the headings of physiology, psychology, and sociology. At the end of each volume, under the heading of theoretical and review papers, are listed a number of extremely profound research studies demonstrating the principles underlying the enlivenment of the unified field at the quantum level of nature in the self-referral state of human consciousness, and describing the mechanics of the unfoldment of the infinite organizing power of natural law in the functioning of the brain through the Transcendental Meditation and TM-Sidhi programme.

An analysis of the practical benefits to human life of regular practice of the Transcendental Meditation programme, as revealed by the fifteen years of scientific research summarized in this book, demonstrates that every area of both individual and collective life is nourished and enriched, leading to the holistic development of mind, body, and environment to their supreme level of fulfilment. This holistic development is most clearly documented by the research showing the growth of perfect mind-body co-ordination through the practice of the TM-Sidhi programme, indicated by total brain wave coherence in all areas of the brain as measured by EEG recordings (ref. pages 39 and 77–79).

Benefits in All Areas of Society

The range and depth of the findings presented in the first section of this book are so great and so profound that they inevitably transform all conceptions of what is truly possible for man in every area of his life. In the second section, this transforming value of the growth of higher states of consciousness for the whole society is brought out by listing the documented benefits of the Transcendental Meditation and TM-Sidhi programme in specific areas of society: education, health, government, business and industry, defence, rehabilitation, and agriculture. In every case, the research findings provide but a small taste of the unimaginable benefits to be enjoyed by any society that applies Maharishi's unified field based integrated approach to creating an ideal society.

Reviewing the Totality of Scientific Findings

Scientific research, of necessity, is concerned with isolated areas of interest. However, when one reviews the total value of the research findings on the Transcendental Meditation and TM-Sidhi programme one is simply amazed at the tremendously large range of influence produced by such simple and effortless techniques. This results from the fact that these techniques are natural—and whatever is natural has the ability to influence all areas of life. It is this profound holistic effect of the Transcendental Meditation and TM-Sidhi programme that has prompted us to present the research findings in this book in terms of their remarkable, practical,

and wide-ranging benefits for all areas of life, including:

1. reversal of ageing (ref. pages 94 and 95);
2. unfolding the hidden genius of every individual in education (ref. pages 75–93);
3. the creation of positive trends in the whole society—the Maharishi Effect (ref. pages 217–220);
4. the creation of a beautiful new programme for problem-free administration of society (ref. pages 123–145, 232 and 233);
5. an ideal programme for rehabilitation and crime prevention (ref. pages 185–206); and
6. the Global Maharishi Effect, bringing a taste of utopia for all mankind and ushering in unified field based civilization for all times to come (ref. pages 221–233).

THE MAHARISHI EFFECT

In 1974, the hundreds of thousands of people enjoying the beautiful benefits of higher consciousness in life were overjoyed to hear that the effects of Transcendental Meditation were being felt not only on the individual level, but were spread far and wide in the whole society. For the first time, in eleven cities in the United States, scientists began to verify Maharishi's prediction, made since the very first days of his teaching, that as few as one percent of a population practising Transcendental Meditation would create coherence in the collective conscious-

ness of the whole population, resulting in decreasing negative trends and rising happiness, prosperity, and fulfilment throughout society.

This effect, now documented by over twenty scientific studies conducted in many countries throughout the world, was named by scientists the Maharishi Effect, in honour of Maharishi's all-encompassing vision of the knowledge of Vedic Science which he brought to light and which enabled him to predict so precisely the ability of every individual to create coherence in the collective consciousness of the whole of mankind (ref. pages 217–220).

THE DAWN OF THE AGE OF ENLIGHTENMENT

The discovery of the Maharishi Effect established a formula for the creation of an ideal society free from crime and problems, and inspired Maharishi to inaugurate the dawn of the Age of Enlightenment.

At the inauguration on 12 January 1975, Maharishi complimented the research scientists, saying:

‘Through the window of science we see the dawn of the Age of Enlightenment’.

Now, in the tenth year of the Age of Enlightenment, documented by the ever-expanding body of research showing growing positivity throughout society, the Maharishi Effect has demonstrated beyond all doubt that transcendental consciousness is the unified field which governs all areas of life and creation, includ-

ing every level of physiology, psychology, sociology, and ecology, and that the enlivenment of the unified field through the Maharishi Technology of the Unified Field nourishes and enriches all these aspects of life.

The Fulfilment of the World Plan

With the great discovery of the Maharishi Effect and with the inauguration of the dawn of the Age of Enlightenment, the purpose of Maharishi's World Plan, formulated in 1972 to eliminate the age-old problems of mankind in this generation, immediately became much easier to achieve. Later on, in 1977, the task was further simplified by the development of the TM-Sidhi programme, a more advanced programme designed by Maharishi, which not only enables the individual to consciously experience the unified field in the simplest form of his own awareness, but also trains the awareness to function from that level, thereby enlivening the characteristic qualities of the unified field in all thought and action.

This new development from the field of pure knowledge provided a new level of effectiveness for creating coherence in world consciousness, such that the Maharishi Effect could now be created not with one percent, but with only the square root of one percent of the population practising the Transcendental Meditation and TM-Sidhi programme in a group—the group dynamics of consciousness. This more powerful influence of coherence for the whole society became known as the Extended Maharishi

Effect. With this further great advance of knowledge, Maharishi said: 'We wanted to reach the whole world—this new wave of knowledge, emerging on the basis of clearer experience of pure consciousness by a large number of people in the world and its resulting purification of world consciousness, has shortened our passage and brought the goal nearer to achievement'.

THE WORLD GOVERNMENT OF THE AGE OF ENLIGHTENMENT

Having inaugurated the dawn of the Age of Enlightenment, Maharishi felt the urgent need of a global organization to perpetuate the Age of Enlightenment for all generations to come. Having witnessed that the group dynamics of consciousness, producing the Maharishi Effect, is competent to purify collective consciousness, Maharishi envisioned that this process could easily become the direct means of handling or improving world consciousness. Realizing this, Maharishi established the World Government of the Age of Enlightenment, with sovereignty in the domain of consciousness, authority in the invincible power of natural law, and activity in enlivening the total potential of natural law in world consciousness through the group dynamics of consciousness.

Maharishi saw that for this organization to be eternal its activities should be established on a level which influences all trends of life in the world but

which in itself remains unaffected by the changing waves of time. For this, it was necessary to found the World Government on the basis of natural law, which, remaining transcendental beyond space and time, governs all levels of creation with perfect orderliness. In order to accomplish this, Maharishi felt it necessary to train Governors of the Age of Enlightenment who would administer world consciousness from the level of transcendental consciousness, the unified field of all the laws of nature, and to establish Capitals of the Age of Enlightenment to be the lighthouses of the Age of Enlightenment in all parts of the world.

The World Government of the Age of Enlightenment has come into being to fulfil the noblest aspirations of the peoples and governments of every nation, to create an ideal society, an invincible nation, and a peaceful world for all times to come.

Uniqueness of the World Government

The World Government of the Age of Enlightenment is unique in every way. It is the only government ever to be founded in the world on the basis of scientific principles and the results of scientific research. The sovereignty of the World Government is not based on territorial power nor is it based on the ability to destroy. The invincible sovereignty of the World Government lies in its ability to enrich life and promote progress everywhere simultaneously, even irrespective of the modes and tendencies of the peoples or their governments (ref. pages 254–257).

As a non-political, non-religious global organization, the World Government does not usurp the functions of existing governments, nor does it replace them in any way. Instead, it enjoys a parental role in the family of nations, honouring every head of state as the head of the World Government in his country, the flag of every government as the flag of the World Government in that country, and recognizing every system of administration as the system of administration of the World Government in that nation.

The World Government honours the cultural traditions, religious beliefs, political convictions, and economic systems of all nations. Recognizing that every national government is the pure and innocent mirror of the collective consciousness of the nation, the World Government enables all governments to enhance their achievements and realize the noble aspirations of their constitutions by raising the level of national consciousness through the Maharishi Effect, creating orderliness, coherence, harmony, and peace in the entire family of nations.

New Principles Rising to Guide Life in the Age of Enlightenment

The activity of the World Government of the Age of Enlightenment, which is in the unified field, is bringing an upsurge of new principles to guide life in the evolutionary direction.

Now, as a result of the rise of these new principles,

national law, which guides the life of every nation from the seat of government and the head of state, is coming into alliance with natural law which guides all processes in nature and governs the whole universe from the level of the unified field. As a result, through the activity of the World Government of the Age of Enlightenment in enlivening natural law in the collective consciousness of the whole world, every government is now going to rise to the efficiency with which nature itself governs the whole of creation.

Maharishi's vision in founding the World Government of the Age of Enlightenment was soon displayed when, in 1978, the group dynamics of consciousness was applied to create models of an ideal society in 108 countries and calm down turbulence in five of the most troubled spots on earth, achievements which were again documented by research scientists, and confirmed by world events (ref. pages 217–220 describing the Extended Maharishi Effect).

THE MAHARISHI TECHNOLOGY OF THE UNIFIED FIELD

Throughout history the quality of civilization everywhere has always been based on the degree of natural law practically lived by the people in daily life—how much happiness and harmony prevailed in society. At a time when world consciousness is being purified by millions of people practising the Transcendental Meditation and TM-Sidhi programme,

Maharishi's insight into the functioning of nature, in conjunction with the knowledge of natural law objectively discovered by modern science, has resulted in an understanding of the laws of nature unprecedented in its precision and depth, and its power to accelerate the progress of civilization towards the creation of an ideal society on earth. Thus, the complete knowledge and technology of the unified field, the total potential of natural law, have arisen to maintain all life in a balanced state and in the ever-progressive, evolutionary direction.

The completeness of the knowledge of natural law available in Vedic Science and modern science, brought about by Maharishi and made practical through the Maharishi Technology of the Unified Field, is so great that it has become practical to raise the life of the individual and society to a high level of perfection just by handling one thing—the unified field of natural law. Quantum field theories of modern science have glimpsed the unified field, the home of all the laws of nature, and Maharishi has shown that the complete knowledge of the unified field is available in Vedic Science.

Consciousness—The Unified Field of All the Laws of Nature

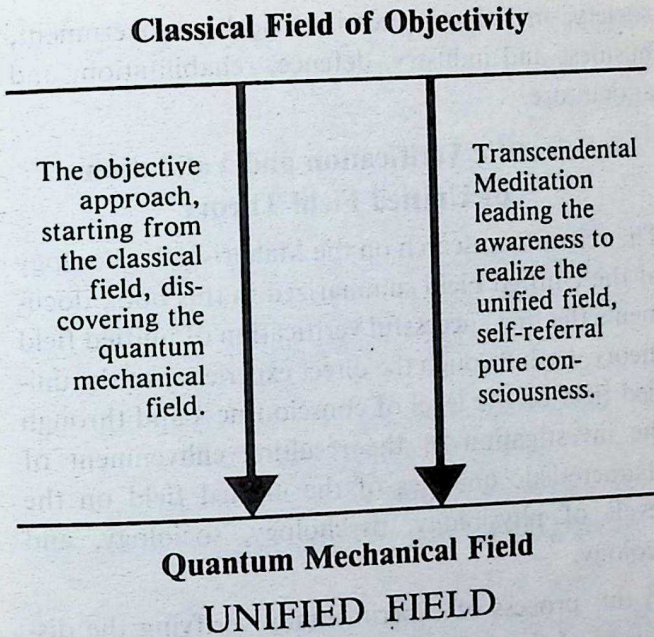
The unified field is described by supergravity theory as the supersymmetric, self-referral source of all creation. This discovery represents the peak of scientific achievement in this scientific age and provides a glimpse of the ultimate level of reality from which

the laws of nature govern all evolution in the universe.

Having discovered the unified field on the theoretical level, supergravity theory demands an experimental methodology to verify the existence, nature, and qualities of the unified field. However, since supergravity theory reveals that the unified field has the property of self-referral, and since only consciousness has the feature of absolute self-referral, it has become apparent that if ever the unified field is to be experimentally verified, it can only be in the field of consciousness.

Thus, the objective approach of modern science has been so successful that on the supreme level of its achievement, the discovery of the unified field in quantum physics, it has declared the discovery of pure subjectivity inherent within objectivity (ref. pages 234–249).

This field of pure subjectivity, glimpsed by supergravity theory, came to Maharishi as the objectively discovered field of subjectivity, the field of consciousness, the self-referral state of the unified field. In discussions with the foremost research physicists in unified field theory, Maharishi paralleled the discovery of the unified field through the objective approach of modern science with the discovery of the transcendental field of pure subjectivity, pure consciousness, through his own subjective approach of Transcendental Meditation (see illustration on the following page).



Thus, we see that the objective approach of modern science and the subjective approach of Vedic Science both independently uphold the unified field as the ultimate reality, the total potential of natural law.

On the basis of this insight, in the light of the results of scientific research independently conducted throughout the world in the fields of physiology, psychology, sociology, and ecology, and in the light of the experience of higher states of consciousness by people throughout the world, Maharishi, working with the scientists and Vedic pundits of Maharishi European Research University, created the Maharishi Technology of the Unified Field and laid out its application to enrich and glorify all areas of

society, including education, health, government, business and industry, defence, rehabilitation, and agriculture.

Scientific Verification and Validation of Unified Field Theory

The scientific research on the Maharishi Technology of the Unified Field summarized in this book documents the first successful verification of unified field theory, both through the direct experience of the unified field on the level of consciousness and through the investigation of the resulting enlivenment of characteristic qualities of the unified field on the levels of physiology, psychology, sociology, and ecology.

In this process of experimentally verifying the discovery of the unified field, the Maharishi Technology of the Unified Field has expanded the glimpse of the unified field provided by supergravity theory of modern physics to the full vision of the totality of the unified field and the enlivenment of all its evolutionary qualities for the practical benefit of mankind.

The credit for this great achievement goes to:

1. Maharishi's insight into the functioning of nature;
2. the availability of the complete knowledge of natural law in the Vedic literature as brought to light by Maharishi;
3. the discovery of the unified field by modern science; and

4. the scientific research validating the Maharishi Technology of the Unified Field.

It is all the research together that scientifically establishes the reliability of the Maharishi Technology of the Unified Field which, in turn, now provides the experimental methodology to verify the unified field for its characteristic qualities as derived by Dr. John Hagelin from the Lagrangian of super-gravity theory (ref. pages 234-249).

The Future of All Scientific Research Lies in the Unified Field and All Progress of Mankind in the Maharishi Technology of the Unified Field

Now, with the discovery of the unified field, it is established that every field of natural law is the expression of the unified field. It is clear therefore that the future of all scientific research basically lies in the unified field and that, since the Maharishi Technology of the Unified Field is the direct means for probing into the unified field, the Maharishi Technology of the Unified Field is the tool for all future scientific research. Furthermore, as progress depends on research, it is also clear that the future of all progress in the world lies in the Maharishi Technology of the Unified Field.

Verification and Validation of the Maharishi Technology of the Unified Field

The Maharishi Technology of the Unified Field is the most precious gift to the whole of mankind. It is

supported by the principles of all the different disciplines of modern science, validated by the large body of scientific research mentioned in brief in the following pages, upheld by the ancient and long-forgotten Vedic Science which has so fortunately been brought to light by Maharishi, verified by the personal experience of millions of people practising the Transcendental Meditation and TM-Sidhi programme throughout the world, and further verified by the rising positivity of world consciousness and the growing coherence of the collective consciousness of many countries brought about by the practice of the Transcendental Meditation and TM-Sidhi programme on all continents (ref. pages 221–231 on 'A Taste of Utopia').

The results of the application of the Maharishi Technology of the Unified Field are so convincing that the emergence of a better quality of life in all nations is now being acknowledged in many parts of the world to be the result of the collective practice of the Maharishi Technology of the Unified Field. As a result of this worldwide success in changing the trends of time towards greater positivity and fulfilment for all nations, Maharishi celebrated the rising sunshine of the Age of Enlightenment on all continents during the Silver Jubilee Celebrations of his worldwide movement in 1983.

A TASTE OF UTOPIA

The discovery of the Maharishi Effect and the Extended Maharishi Effect, followed by Maharishi's

formulation of the Maharishi Technology of the Unified Field, opened up a new possibility for the world: the creation of a complete and lasting state of world peace simply by having the square root of one percent of the entire world's population practise the Maharishi Technology of the Unified Field in one place to enliven the unified field in world consciousness.

Celebrating the rising sunshine of the Age of Enlightenment in the United States of America towards the end of 1983, Maharishi called for an assembly of experts in the Maharishi Technology of the Unified Field large enough to create coherence in world consciousness. Beginning on 17 December 1983, in the two golden domes of pure knowledge on the campus of Maharishi International University, Fairfield, Iowa, U.S.A., there assembled, for the first time in the known history of the world, a group of 7000 experts in the Maharishi Technology of the Unified Field—the square root of one percent of the world's population—to give a sample taste of utopia to all mankind (ref. page 221).

Research scientists at Maharishi International University predicted in early December that the reality of the global taste of utopia would be proclaimed by improved relations between nations, greater co-operation between political parties, increased social harmony, and signs of worldwide economic recovery, and would be reflected in growing optimism, confidence and self-reliance, and in a general sense of well-being in the family of nations. Above all,

it would be the head of state, the embodiment of national life, who would be the first to enjoy the sweet taste of utopia rising in his country and the world. Asked about the anticipated results, Maharishi said, 'Anything that is good will rise. Anything that is not good will fall, as darkness disappears with the first ray of light'.

Scientific Research Verifying the Global Taste of Utopia

The results of this assembly, documented by scientific research and public records of world trends, and verified by events in many countries around the world, were completely unmistakable—the world had experienced an upsurge of positive trends, a true taste of utopia on earth.

The research results presented on pages 221–231 of this book show clearly the rising trends of positivity in world consciousness during the Assembly of 7000, as expressed in economic indices, health trends, crime reports, progress towards world peace, and the pronouncements of heads of state throughout the world.

This dramatic stride of progress, from the Maharishi Effect, to the Extended Maharishi Effect, to the Global Maharishi Effect, has brought fulfilment to the aspirations of the World Government of the Age of Enlightenment to enhance the dignity of every government, and brings complete confidence that it is now possible to create a peaceful family of nations and a problem-free world by one group of 7000

practising the Maharishi Technology of the Unified Field in one place. On this scientifically validated basis, efforts are now under way to create at least one group of 7000 on each continent and thereby make utopia a permanent reality on earth.

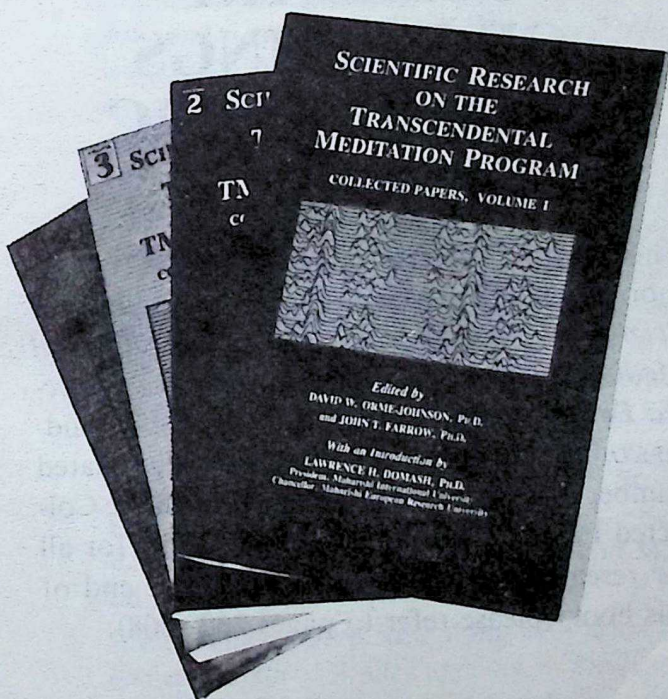
'It is fulfilling to proclaim that with the discovery of the unified field of all the laws of nature by modern science and the development of the technology of the unified field and with the authority and love of the people that every government enjoys in its country there is nothing that cannot be accomplished by a sovereign government for its people and there is nothing that cannot be accomplished by the people for their government. Every nation now has the chance to create heaven on earth.'—Maharishi

CREATING A UNIFIED FIELD BASED PERFECT CIVILIZATION

The reality of the Global Taste of Utopia, verified through scientific research, practically demonstrated that the world could be freed from problems; and this by only one group of 7000 in one place on earth. This achievement established the validity of Maharishi's offer to all governments to solve their problems through the Maharishi Technology of the Unified Field, which was announced in the major news media throughout the world during the last quarter of 1983 (ref. pages 232 and 233).

The Global Taste of Utopia has established that now it is not even necessary for governments to invite the World Government of the Age of Enlightenment to solve their problems because, by establishing a group of 7000 on each continent, the World Government will automatically solve the problems of all governments by enlivening the total potential of natural law and bringing the support of nature to every nation. This will render all trends in society evolutionary, create coherence in national consciousness, and improve the efficiency and effectiveness of every government. With this realization, Maharishi declared the onset of unified field based perfect civilization on earth and inaugurated 1984 as the Year of Unified Field Based Civilization.

**SCIENTIFIC RESEARCH
ON THE
TRANSCENDENTAL MEDITATION
AND TM-SIDHI PROGRAMME
VOLUMES 1, 2, 3, & 4**



**Over 3000 pages containing
more than 300 scientific research studies
conducted at over 160 independent
research institutions and universities
in 27 countries.**

**MAHARISHI TECHNOLOGY
OF THE UNIFIED FIELD**

**SUMMARY
OF FINDINGS
OF SCIENTIFIC
RESEARCH**

This section summarizes the findings of the more than 300 research papers contained in *Scientific Research on the Transcendental Meditation and TM-Sidhi Programme: Collected Papers*, Volumes 1, 2, 3, and 4. The findings of each paper are listed after the designated number of the paper as it is reprinted in the Collected Papers. A complete reference list for all the research papers is contained at the end of this book (please refer to pages 260–308).

VOLUME 1

PART I: PHYSIOLOGY

A: Metabolic Changes

1. Indications of Deep Rest along with Wakeful, Ordered State of Brain Functioning: Decreased Metabolic Rate (Decreased Oxygen Consumption and Unchanged Respiratory Quotient); Decreased Minute Ventilation; Decreased Heart Rate; Increased Basal Skin Resistance; Increased Regularity and Intensity of EEG Alpha Activity.
2. Indications of Deep Rest along with Wakeful, Ordered State of Brain Functioning: Decreased Metabolic Rate (Decreased Oxygen Consumption and Decreased Carbon Dioxide Elimination); Decreased Respiration Rate; Decreased Heart Rate; Increased Basal Skin Resistance; Increased Regularity and Intensity of EEG Alpha Activity in Frontal and Central Regions. Reduction in Biochemical Index of Stress: Decreased Arterial Lactate Levels. Self-Reported Improvements in Physical and Mental Health, and Resistance to Disease.
3. Indications of Deep Rest along with Wakeful, Ordered State of Brain Functioning: Decreased Metabolic Rate (Decreased Oxygen Consumption and Decreased Carbon Dioxide Elimination); Decreased Respiration Rate; Decreased Minute Ventilation; Decreased Heart Rate; Increased Basal Skin Resistance; Increased Regularity and Intensity of EEG Alpha Activity

- in Frontal and Central Regions. Reduction in Biochemical Index of Stress: Decreased Arterial Lactate Levels.
4. Indications of Deep Rest along with Wakeful, Ordered State of Brain Functioning: Decreased Metabolic Rate (Decreased Oxygen Consumption and Decreased Carbon Dioxide Elimination); Decreased Respiration Rate; Decreased Minute Ventilation; Decreased Heart Rate; Increased Skin Resistance; Increased Regularity and Intensity of EEG Alpha Activity in Frontal and Central Regions. Reduction in Biochemical Index of Stress: Decreased Arterial Lactate Levels.
 5. Indication of Deep Rest: Decreased Respiration Rate.
 6. Increased Ease of Breathing: Increased Airway Conductance. Indications of Deep Rest: Decreased Metabolic Rate (Decreased Oxygen Consumption and Decreased Carbon Dioxide Elimination); Decreased Heart Rate. Maintenance of a Relaxed Style of Physiological Functioning Outside of Meditation: Lower Basal Metabolic Rate.
 7. Experience of Pure Consciousness Associated with: High EEG Coherence; Marked Reductions in Respiration Rate, Minute Ventilation, Metabolic Rate (Oxygen Consumption and Carbon Dioxide Elimination), and Heart Rate; Increased Basal Skin Resistance; Cessation of Spontaneous Skin Resistance Response.
 8. Maximum State of Deep Rest: Periodic Breath Suspension.

9. Indications of Deep Rest: Decreased Metabolic Rate (Decreased Oxygen Consumption and Unchanged Respiratory Quotient); Decreased Tidal Volume; Decreased Respiration Rate.
10. Indication of Deep Rest: Decreased Respiration Rate.
11. Increased Forearm Blood Flow.
12. Reduction in Biochemical Index of Stress: Decreased Plasma Cortisol Levels.
13. Increased Plasma Phenylalanine Levels.

B: Electrophysiological and Electroencephalographic Changes

14. EEG Indications of Restful Alertness: Co-existence of Theta and Delta with Alpha and Beta EEG Activity. Increased Orderliness and Integration of Brain Functioning: Increased EEG Synchrony.
15. Increased Orderliness and Integration of Brain Functioning: High Amplitude EEG Alpha Activity Extending to Frontal Channels; Bursts of High Amplitude Theta Activity in All Channels; Rhythmic High Amplitude Beta Activity in All Channels; Synchronization of Anterior and Posterior Channels. Electromyographic Evidence of Deep Muscular Relaxation.
16. Increased Orderliness and Integration of Brain Functioning: High Levels of Interhemispheric EEG Alpha Correlation; Greater Power Balance between Right and Left Hemispheres.
17. EEG Indications of Restful Alertness: Less Activation (Decreased Proportion of Beta to

Alpha); Greater Wakefulness (Increased Proportion of Alpha to Delta). Increased Orderliness and Integration of Brain Functioning: Greater Interhemispheric and Intrahemispheric EEG Synchrony.

18. EEG Indications of Restful Alertness: Increased Alpha Activity in All Areas of the Brain. Maintenance of a More Relaxed Style of Physiological Functioning Outside of Meditation: Persistence of Greater Alpha Activity following Meditation.
19. EEG Indications of Inner Wakefulness during Sleep.
20. Increased Orderliness and Integration of Brain Functioning: Increased EEG Coherence.
21. Correlations between High EEG Coherence, High Levels of Creativity, Enhanced Neurological Efficiency (Facilitation of Paired H-Reflex Recovery), and Experience of Pure Consciousness.
22. Indication of Deep Relaxation: Marked Increase in Basal Skin Resistance.
23. Indication of Deep Relaxation: Marked Increase in Basal Skin Resistance.
24. Indication of Deep Relaxation: Marked Increase in Basal Skin Resistance.

C: Physiological Efficiency and Stability

25. Improved Resistance to Stress and Greater Autonomic Stability: Faster Habituation of Skin Resistance Response to Stressful Stimuli; Fewer Spontaneous Skin Resistance Responses; Fewer Multiple Responses.

26. Improved Resistance to Stress and Greater Autonomic Stability: Faster Habituation of Skin Resistance Response to Stressful Stimuli; Fewer Spontaneous Skin Resistance Responses.
27. Improved Resistance to Stress and Greater Autonomic Stability: Faster Habituation of Skin Resistance Response to Stressful Stimuli; Fewer Spontaneous Skin Resistance Responses.
28. Improved Resistance to Stress and Greater Autonomic Stability: Faster Habituation of Skin Resistance Response to Stressful Stimuli.
29. EEG Indications of Greater Alertness.
30. Increased Basal Skin Resistance. Maintenance of a Relaxed Style of Physiological Functioning Outside of Meditation: Lower Heart Rate; Lower Respiration Rate.
31. Enhanced Temperature Homeostasis: Faster Recovery of Normal Body Temperature following Exertion.

D: Health

32. Improvements in Hypertensive Subjects: Decreased Blood Pressure.
33. Improvements in Hypertensive Subjects: Decreased Blood Pressure; Decreased Anxiety.
34. Improvements in Hypertensive Subjects: Decreased Blood Pressure.
35. Improvements in Patients with Angina Pectoris: Improved Exercise Tolerance; Increased Maximum Workload; Delayed Appearance of Electrocardiographic Abnormalities during Exercise (Delayed Onset of ST Segment De-

- pression); Decreased Double Product; Decreased Anxiety; Decreased Need for Tranquilizers and Anti-Anginal Drugs.
36. Improvements in Patients with Bronchial Asthma: Decreased Severity of Symptoms; Reduced Airway Resistance.
 37. Improvements in Patients with Bronchial Asthma: Decreased Severity of Symptoms; Reduced Airway Resistance.
 38. Improvements in Patients with Bronchial Asthma: Decreased Severity of Symptoms; Reduced Airway Resistance.
 39. Improved Periodontal Health.
 40. Faster Recovery from Sleep Deprivation.
 41. Relief from Insomnia: Decreased Time Taken to Fall Asleep.
 42. Relief from Insomnia: Decreased Time Taken to Fall Asleep.
 43. Decreased Stuttering.
 44. Normalization of Weight.

E: Motor and Perceptual Ability, and Athletic Performance

45. Improved Mind-Body Co-ordination: Faster Reactions.
46. Improved Mind-Body Co-ordination: Faster Reactions.
47. Improved Mind-Body Co-ordination: Faster Reactions.
48. Improved Mind-Body Co-ordination: Superior Perceptual-Motor Performance.
49. Improved Mind-Body Co-ordination: Superior

- Perceptual-Motor Performance.
50. Superior Auditory Discrimination.
 51. Growth of a Stable Internal Frame of Reference: Increased Field Independence.
 52. Growth of a Stable Internal Frame of Reference: Increased Field Independence, Perceptual Acuity, and Internal Sense of Self.
 53. Benefits for Athletes: Improved Physiological Functioning—Improved Cardiovascular Efficiency; Improved Respiratory Efficiency (Increased Vital Capacity); Decreased Blood Pressure; Increased Haemoglobin Concentration. Improved Athletic Performance and Neuromuscular Integration—Improved Running Speed; Improved Standing Broad Jump; Improved Agility; Faster Reactions and Improved Co-ordination. Increased Intelligence.

PART II: PSYCHOLOGY

A: Intelligence, Learning, and Academic Performance

54. Benefits for High School Students: Decreased Neuroticism; Greater Intelligence Growth Rate: Increased Fluid Intelligence.
55. Increased Fluid Intelligence; Decreased Neuroticism; Decreased Somatic Neurotic Instability.
56. Benefits for University Students: Quicker Acquisition of Information (Better Learning Ability); Superior Recall.
57. Benefits for University Students: Superior Learning Ability.
58. Benefits for University Students: Improved

Spontaneous Organization of Memory; Improved Stabilization of Organized Memory; Improved Problem-Solving Ability.

59. Benefits for University Students: Improved Academic Performance.
60. Benefits for University Students: Improved Academic Performance.
61. Benefits for High School Students: Improved Academic Performance; Reduced Anxiety.
62. Benefits for High School Students: Improved Intellectual Performance (Increased Problem-Solving Ability); Increased Creativity; Increased Energy Level; Increased Innovation, Autonomy, and Independence; Increased Self-Esteem; Increased Tolerance; Increased Ability to Deal with Abstract and Complex Situations; Decreased Anxiety.
63. Greater Creativity: Greater Fluency, Flexibility, and Originality of Creative Thought.

B: Development of Personality

64. Increased Self-Actualization: Increases in—Inner-Directedness (Independence, Self-Supportiveness)*; Spontaneity; Self-Regard.
65. Less Nervousness (Less Psychosomatic Disturbance); Less Aggressiveness (Greater Self-Control, Greater Emotional Maturity); Less Depression (Greater Contentment, Greater Self-Confidence); Less Irritability (Greater Calm in Frustrating Situations, Greater Toler-

* The terms in brackets are taken from the manual of the psychological test employed in order to clarify the characteristics measured by the test.

- ance); Greater Sociability (Greater Friendliness, Greater Liveliness); Greater Placidity (Greater Self-Assuredness, More Good Humour, Less Tendency to Procrastinate); Less Tendency to Dominate (Greater Respectfulness); Less Inhibition (Greater Naturalness, Greater Spontaneity, Greater Self-Sufficiency); Less Neuroticism (Greater Emotional Stability, Less Tension); Greater Self-Reliance (Greater Effectiveness, More Balanced Mood, Greater Vigour).
66. Interest in Meditation Uncorrelated with Personality Factors.
 67. Less Neuroticism; Greater Self-Esteem; Greater Ego Strength; Greater Trust; Greater Satisfaction; Greater Self-Actualization; Less Sensitivity to Criticism; Less Depression; Decreased Sense of Physical Inadequacy.
 68. Decreased Anxiety.
 69. Increased Self-Actualization: Increases in—Time Competence (Ability to Live More Fully in the Present, Ability to Connect Past and Present Meaningfully); Inner-Directedness (Independence, Self-Supportiveness); Self-Actualizing Value (Holding of Values of Self-Actualizing People); Feeling Reactivity (Sensitivity to One's Own Needs and Feelings); Spontaneity; Self-Regard; Capacity for Intimate Contact (Capacity for Warm Interpersonal Relationships). Greater Inner Locus of Control; Less Anxiety.
 70. Increased Self-Actualization: Increases in—Time Competence (Ability to Live More Fully

in the Present, Ability to Connect Past and Present Meaningfully); Inner-Directedness (Independence, Self-Supportiveness); Self-Actualizing Value (Holding of Values of Self-Actualizing People); Feeling Reactivity (Sensitivity to One's Own Needs and Feelings); Spontaneity; Self-Acceptance; Capacity for Intimate Contact (Capacity for Warm Interpersonal Relationships).

71. Greater Interest in Academic Activities; Greater Intellectual Orientation; Greater Aestheticism; Greater Respect for Traditional Religious Values; Greater Adaptability of Mental Orientation; Greater Autonomy; Greater Social Extraversion; Less Impulsiveness; Greater Personal Integration (Less Emotional Disturbance); Lower Anxiety Level; Greater Altruism.
72. Increased Self-Actualization: Increased Inner-Directedness/Time Competence. Increased Feeling Reactivity (Increased Sensitivity to One's Own Needs and Feelings). Reduced Trait Anxiety.
73. Decreased Aggression (Increases in: Tactfulness, Calmness, Easygoingness, Forgiveness, and Consideration; Decreases in: Argumentativeness, Irritability, and Threatening Behaviour); Improved Leadership Ability; Growth of a More Brave, Adventurous, Action-Oriented Nature; Increased Affiliation (Increases in: Enjoyment of Friends, Maintenance of Associations with Others, Warmth, Neighbourliness, and Co-operativeness); Increased Nurturance (Increases in: Need to Give Sympathy and As-

- sistance to Others, Protectiveness, and Consideration for Others); Decreased Use of Drugs; Decreased Use of Alcohol.
74. Increased Self-Actualization; Decreased Depression; Decreased Neuroticism; Decreased Aggression; Decreased Anxiety.
 75. Decreased General Anxiety.
 76. Greater Self-Actualization in Students at Maharishi International University than in Other College Students: Greater—Time Competence (Ability to Live More Fully in the Present, Ability to Connect Past and Present Meaningfully); Inner-Directedness (Independence, Self-Supportiveness); Self-Actualizing Value (Holding of Values of Self-Actualizing People); Spontaneity; Self-Regard; Nature of Man, Constructive (Ability to See Man as Essentially Good); Synergy (Ability to See Opposites of Life as Meaningfully Related); Capacity for Intimate Contact (Capacity for Warm Interpersonal Relationships).
 77. Decreased Nervousness (Decreased Psychosomatic Disturbance); Decreased Aggressiveness (Increased Self-Control, Increased Emotional Maturity); Decreased Depression (Increased Contentment, Increased Self-Confidence); Decreased Irritability (Increased Calm in Frustrating Situations, Increased Tolerance); Increased Sociability (Increased Friendliness, Increased Liveliness); Increased Placidity (Increased Self-Assuredness, Increased Good Humour, Decreased Tendency to Procrastinate); Decreased Tendency to Dominate (In-

- creased Respectfulness); Decreased Inhibition (Increases in: Naturalness, Spontaneity, Self-Sufficiency); Increased Extraversion (Increased Capacity for Warm Interpersonal Relationships); Decreased Neuroticism (Increased Emotional Stability, Decreased Tension); Increased Self-Reliance (Increased Effectiveness, More Balanced Mood, Increased Vigour).
78. Increased Self-Actualization; Decreased Anxiety; Decreased Depression; Decreased Neuroticism.

PART III: SOCIOLOGY

A: Rehabilitation

79. Decreased Drug Abuse.
80. Decreased Drug Abuse; Decreased Use of Alcohol; Decreased Use of Cigarettes.
81. Increased Psychological Stability; Increased Adjustment (Increased Self-Acceptance, Satisfaction, and Ability to Handle One's Situation); Decreased Anxiety; Decreased Tension; Decreased Psycho-Motor Retardation; Decreased Drug Abuse.
82. Decreased Drug Abuse.
83. Decreased Use of Alcohol.
84. Decreased Anxiety; Decreased Use of Cigarettes; Decreased Use of Alcohol; Decreased Drug Abuse.
85. Decreased Use of Alcohol; Decreased Drug Abuse.
86. Decreased Drug Abuse.

87. Rehabilitation of Prisoners: Increased Physiological Stability and Psychological Adaptability—Fewer Spontaneous Skin Resistance Responses; Decreased Obsessive-Compulsive Behaviour (Increased Behavioural Flexibility); Decreased Social Introversion (Increased Social Ease and Outgoingness).
88. Rehabilitation of Prisoners: Decreased Anxiety; Other Improvements in Mental Health.
89. Rehabilitation of Prisoners: Decreased Anxiety; Decreased Prison Disciplinary Rule Infractions; Fewer Parole Violations; Increased Participation in Recreational and Educational Activities; Decreased Drug Abuse.
90. Rehabilitation of Juvenile Offenders: Decreased Anxiety; Decreased Drug Abuse; Decreased Court Problems; Increased Happiness; Improved Relationships; Increased Self-Actualization—Enhanced Self-Regard.
91. Greater Moral Maturity.
92. Decreased Anxiety; Decreased Neuroticism; Decreased Psychoticism.
93. Improvements in Mental Health: Decreased Anxiety; Decreased Hypochondria; Decreased Internal Conflicts and Confusion; Increased Clarity of Mind, Relaxation, Energy Level, and Sensitivity to Others.
94. Increased Self-Actualization: Increases in—Time Competence (Ability to Live More Fully in the Present, Ability to Connect Past and Present Meaningfully); Inner-Directedness (Independence, Self-Supportiveness); Existen-

tiality (Flexibility and Good Judgement in Application of Self-Actualizing Values); Self-Regard; Self-Acceptance.

95. Benefits for Psychiatric Patients: Decreased Anxiety; Decreased Obsessive-Compulsive Neurosis; Decreased Depression; Decreased Insomnia; Improvements in Neurodermatitis and Other Psychosomatic Disorders; Improvements in Chronic Headaches; Decreased Need for Sleep Medication and Tranquillizers; Reduced Use of Drugs and Alcohol.

B: Productivity and Quality of Life

96. Increased Productivity: Improved Work Performance; Increased Work Satisfaction; Improved Relations with Co-Workers; Improved Relations with Supervisors; Decreased Turn-over Propensity; Decreased Self-Report Climbing Orientation/Increased Climbing Orientation as Reported by Co-Workers and Supervisors.
97. Improved Work Performance; Increased Work Satisfaction; Improved Relations with Co-Workers; Improved Relations with Supervisors.
98. Improved Quality of City Life: Decreased Crime Rate (USA, 1973).

PART IV: THEORETICAL AND REVIEW PAPERS

99. The Transcendental Meditation Technique and Quantum Physics.

100. The Dawn of the Age of Enlightenment: Experimental Evidence for Growth of Higher States of Consciousness and a Profound Influence of Orderliness in Society.
101. Neurophysiology of Enlightenment.

PART V: THE TM-SIDHI PROGRAMME*

102. Total EEG Coherence during Experience of the TM-Sidhis; Correlations between High EEG Coherence, Higher States of Consciousness, Experience of the TM-Sidhis, and Creativity.
103. Increased Behavioural Flexibility: Increased Psycho-Motor Speed, Improved Motor-Cognitive Flexibility. Increased Field Independence; Increased Creativity; Increased Intelligence.
104. Greatly Improved Auditory Thresholds.

* In Volumes 2, 3, and 4, studies on the TM-Sidhi programme appear according to their results under the appropriate headings of Parts I, II, and III of each volume.

VOLUME 2

PART I: PHYSIOLOGY

A: Metabolic, Biochemical, and Cardiovascular Changes

105. Changes in Regional Blood Flow Indicative of Increased Blood Flow to the Brain.
106. Changes in Regional Blood Flow Indicative of Increased Blood Flow to the Brain.
107. Increased Concentration of Salivary Electrolytes and Protein.
108. Indications of Deep Rest in Athletes: Decreased Metabolic Rate (Decreased Oxygen Consumption and Decreased Carbon Dioxide Elimination); Decreased Respiration Rate; Decreased Heart Rate; Decreased Minute Ventilation.
109. Reduction in Biochemical Index of Stress: Decreased Plasma Cortisol Levels. Biochemical Indication of Reduced Stress during Activity: Decreased Urinary Free Cortisol Levels.
110. Changes in Neurotransmitter Balance: Increased Levels of Serotonin Metabolite (Increased 5-HIAA Levels); Decreased Levels of Adrenaline and Noradrenaline Metabolite (Decreased VMA Levels).
111. Reduction in Biochemical Index of Stress: Decreased Plasma Cortisol Levels.
112. Fundamental Change in Cellular Metabolism:

Reduced Glucose Metabolism in Red Blood Cells.

113. Increased Plasma Phenylalanine Levels.

B: Electrophysiological and Electroencephalographic Changes

114. Improved Efficiency of Information Transfer in the Brain: Shorter Latencies of Auditory Evoked Potentials. Increased EEG Alpha Power.
115. EEG Indications of Increased Orderliness of Brain Functioning: High Amplitude Alpha and Theta Activity in All Cortical Regions.
116. Improved Efficiency of Information Transfer in the Brain: Shorter Latencies of Auditory Evoked Potentials.
117. EEG Differentiation between Transcendental Meditation and Napping.
118. EEG Indications of Lessened Sleep Requirement.
119. EEG Indications of Lessened Sleep Requirement.
120. Greater Adaptability of Brain Functioning: Greater Lateral EEG Asymmetry during Right and Left Hemisphere Tasks.
121. EEG Indications of Increased Inner Satisfaction: Synchronous Theta Bursts.

C: Physiological Efficiency and Stability

122. Electromyographic Evidence of Deep Muscular Relaxation; Greater Ability to Maintain Relaxation during Activity.

123. Improved Resistance to Stress: Greater Stability of Skin Resistance Response to Stressful Stimuli. Improved Auditory Discrimination: Greater Ability to Process Information at Speed.

D: Health

124. Reduction of Blood Pressure to More Ideal Levels in Both Hypertensive and Normotensive Subjects.
125. Improved Mental and Physical Health in Patients on a Kidney Transplant/Dialysis Programme: Decreased Blood Pressure; Decreased Anxiety; Increased Independence; Enhanced Self-Image; Improved Sense of Well-Being.
126. Improvements in Sleeping and Dreaming Patterns: Improved Quality of Sleep; Decreased Time to Fall Asleep; More Rested on Awakening; Decreased Awakenings per Night; Decreased Time to Awaken Fully; Decreased Drowsiness; Decreased Lethargy; Decreased Daytime Napping; Decreased Number of Dreams Remembered; Decrease in Complexity of Dreams; Decrease in Unpleasant Emotional Content of Dreams; Decrease in Recurring Dreams; Decreased Need for Sleep Medications. Decreased Use of Alcohol. Improved Reported State of Mental Health. Reduced Need for Medical Attention.
127. Epidemiological Evidence for Prevention of Psychiatric Illness.

E: Motor and Perceptual Ability, and Athletic Performance

128. Improved Auditory Discrimination.
129. Improved Mind-Body Co-ordination: Faster Reactions.
130. Benefits for Athletes: Indications of Deep Rest and Relaxation—Decreased Metabolic Rate (Decreased Oxygen Consumption); Increased Basal Skin Resistance; Fewer Spontaneous Skin Resistance Responses. Improved Physiological Functioning—Improved Cardiovascular Efficiency; Improved Respiratory Efficiency (Increased Vital Capacity). Improved Athletic Performance and Neuromuscular Integration—Improved Running Speed. Improved Standing Broad Jump; Improved Agility; Faster Reactions.
131. Improved Perceptual Ability: Lower Incidence of Perceptual Illusions.

PART II: PSYCHOLOGY

A: Intelligence, Learning, and Academic Performance

132. Benefits for High School Students: Improved Concentration; Improved Reading Comprehension; Improved Memory.
133. Benefits for School Children with Learning Problems: Decreased Anxiety; Decreased Examination Anxiety; Decreased School Dislike.

134. Improved Memory and Organization of Memory—Effect More Pronounced in Long-Term Meditators.
135. Superior Synthetic and Holistic Thinking: Better Spatial Localization.
136. Benefits for College Students: Improved Short-Term Memory, Ability to Focus Attention, and Spontaneous Organization of Memory.
137. Decreased Neuroticism in Secondary School Students.
138. Benefits for Students Resulting from Maharishi's Integrated System of Education at Maharishi International University: Greater Interest in Academic Activities; Greater Commitment to Higher Education; Greater Intellectual and Scientific Orientation; Greater Aesthetic Orientation; Greater Respect for Traditional Religious Values; Greater Optimism; Greater Altruism; Greater Sense of Social Responsibility; Greater Tolerance of Authority; Greater Trust; Greater Sociability; Greater Emotional Stability; Greater Commitment to Personal Growth; Less Anxiety; Less Impulsiveness.
139. Increased Self-Actualization in Economically Deprived Adolescents with Learning Problems: Increased Inner-Directedness (Independence, Self-Supportiveness)*; Increased Self-Regard. Decreased Dropout Rate from School.

* The terms in brackets are taken from the manual of the psychological test employed in order to clarify the characteristics measured by the test.

140. Superior Synthetic and Holistic Thinking: Enhanced Tonal Memory.

B: Development of Personality

141. Improved Mental Health: Increased Capacity for 'Adaptive Regression' (Conscious Experience of the Inner Self and Ability to Bring the Inner Self to Healthy Expression).
142. Decreased Number of Situations in Life Felt to Be a Problem; Decreased Number of Serious Problems Experienced; Decreased Hostility; Enhanced Self-Concept.
143. Decreased Hostility; Decreased Anxiety; Decreased Depression.
144. Benefits for University Students: Increased Self-Actualization; Enhanced Self-Concept.
145. Decreased Anxiety.
146. Better Self-Concept and Degree of Adjustment; Improved Psychological Health.
147. Increased Elevated Mood; Increased Mental Clarity and Wakefulness; Increased Readiness for Activity; Decreased Vulnerability; Decreased Nervousness; Decreased Fatigue; Decreased Drowsiness; Decreased Lethargy; Decreased Depressed Mood; Decreased Introversion; Decreased Aggressive Irritation.
148. Enhanced Self-Concept; Decreased Anxiety.
149. Increased Capacity for Warm Interpersonal Relationships; Greater Empathy.
150. Increased Ego Strength, Emotional Stability and Maturity, and Decreased Overreactionary Behaviour; Increased Emotional Harmony

and Absence of Regressive Behaviour; Increased Emotional Strength and Lessening of Unwelcome Thoughts or Compulsive Habits; Decreased Depression, Showing a Calmer, More Confident Attitude.

Increases in—Intelligence; Self-Sufficiency and Resourcefulness; Contentment; Enthusiasm for Work; Trust; Tolerant and Participating Attitude; Creativity.

Decreases in—Anxiety and Tension; Use of Alcohol; Use of Cigarettes; Need for Tranquillizers and Other Prescribed Drugs.

151. Increased Self-Actualization: Increases in—Time Competence (Ability to Live More Fully in the Present, Ability to Connect Past and Present Meaningfully); Inner-Directedness (Independence, Self-Supportiveness); Self-Actualizing Value (Holding of Values of Self-Actualizing People); Feeling Reactivity (Sensitivity to One's Own Needs and Feelings); Spontaneity; Self-Regard; Self-Acceptance; Capacity for Intimate Contact (Capacity for Warm Interpersonal Relationships).
152. Greater Open-Mindedness: Greater Flexibility of Constructions of Reality.
153. Increased Self-Actualization: Increases in—Time Competence (Ability to Live More Fully in the Present, Ability to Connect Past and Present Meaningfully); Inner-Directedness (Independence, Self-Supportiveness); Self-Actualizing Value (Holding of Values of Self-Actualizing People); Feeling Reactivity (Sensitivity to One's Own Needs and Feelings); Spontaneity; Self-Regard; Nature of Man, Con-

structive (Ability to See Man as Essentially Good); Capacity for Intimate Contact (Capacity for Warm Interpersonal Relationships). Increased Ego Strength and Emotional Maturity, Decreased Overreactionary Behaviour; Increased Boldness and Self-Sufficiency, Decreased Inhibition; Increased Self-Reliance, Practicality, and Realism; Increased Tolerant and Conciliatory Attitudes; Decreased Instability, Insomnia, and Hypochondriacal and Neurasthenic Symptoms; Increased Self-Control, Persistence, Foresight, Consideration of Others, and Regard for Etiquette; Increased Relaxed, Unfrustrated, Guilt-Free Behaviour; Increased Outgoingness and Tendency to Participate; Decreased Anxiety; Increased Self-Sufficiency. Decreased Need for Sleep Medication and Pain Relievers; Decreased Use of Cigarettes; Decreased Use of Alcohol; Decreased Drug Abuse.

154. Decreased Anxiety in University Students.
155. Increased Self-Actualization: Increases in—Time Competence (Ability to Live More Fully in the Present, Ability to Connect Past and Present Meaningfully); Inner-Directedness (Independence, Self-Supportiveness).
156. Enhanced Self-Concept: Less Likely to Qualify Self-Description; Fewer Personality Defects; Greater Self-Esteem; Better Opinion of Oneself; Greater Self-Satisfaction; Greater Sense of Personal Worth; Greater Satisfaction with One's Moral Worth and Relationship to God and Religion.

PART III: SOCIOLOGY

A: Rehabilitation

157. Benefits for Psychiatric Patients with Schizophrenia, Neurosis, Personality Disorders, and Alcohol and Drug Problems: Decreased Anxiety and Tension; Decreased Overactive or Impulsive Behaviour; Improved Sleep Patterns (Decreased Awakenings per Night, Improved Quality of Sleep).
158. Rehabilitation of Imprisoned Drug Offenders: Enhanced Self-Esteem; Indications of Increased Emotional Stability and Maturity—Decreased Depression; Decreased Neuroticism; Decreased Guilt; Decreased Psychasthenia; Decreased Hypomania; Decreased Schizophrenia; Increased Social Responsibility. Indications of Decreased Aggression—Decreased Hostility; Decreased Assault; Decreased Irritability; Decreased Suspicion; Decreased Resentment; Decreased Psychopathic Deviation.
159. Resolution of Spiritual Crisis through Development of Integration of Personality: Growth of Enlightenment.
160. Rehabilitation of Prisoners: Decreased Anxiety; Decreased Hostility; Decreased Prison Disciplinary Rule Infractions; Improved Sleep Patterns (Decreased Time to Fall Asleep, Decreased Awakenings per Night, Improved Quality of Sleep).
161. Rehabilitation of Prisoners: Increased Work Efficiency; Increased Ability to Handle Stress

and Tension; Increased Ability to Deal with Others; Decreased Use of Alcohol and Prescribed and Non-Prescribed Drugs; Decreased Use of Cigarettes; Decreased Drug Abuse.

162. Decreased Drug Abuse; Decreased Use of Cigarettes; Decreased Use of Alcohol.
163. Decreased Drug Abuse; Decreased Use of Cigarettes; Decreased Use of Alcohol; Decreased Use of Caffeine; Decreased Need for Tranquillizers and Other Prescribed Drugs.

B: Productivity and Quality of Life

164. Fulfilment of Goals of Organizational Development: Ability to Accomplish More with Less Effort; Greater Alertness, Attentiveness, and Initiative; Greater Self-Confidence; Greater Decision Making Ability; Greater Ability to Assign Priorities; Greater Ability to Cooperate with Others and Greater Respect for the Views of Others; Less Easily Irritated; Less Often Angry; Less Tendency to Worry about Other People's Opinions; Less Often Tired.
165. Greater Marital Satisfaction: Greater Adjustment; Greater Happiness and Harmony; Greater Intimacy; Greater Acceptance of One's Spouse; Greater Admiration of One's Spouse; Greater Agreement on Conduct and Recreation.
166. Improved Quality of City Life: Decreased Crime Rate in Suburban Communities (USA, 1974 – 1976).

PART IV: REVIEW PAPERS

Papers 167 to 189 review the application of the Transcendental Meditation and TM-Sidhi programme in the areas of health, education, development of personality, rehabilitation, and quality of life.

VOLUME 3

PART I: PHYSIOLOGY

A: Metabolic, Biochemical, and Cardiovascular Changes

190. Reduction in Biochemical Index of Stress: Decreased Plasma Cortisol Levels.
191. Reduction in Biochemical Index of Stress: Decreased Plasma Cortisol Levels.
192. Changes in Hormonal Balance: Increased Plasma Prolactin Levels.
193. Changes in Cardiac Output and Stroke Volume.
194. Changes in Regional Blood Flow and Cardiac Output Indicative of Increased Blood Flow to the Brain. Reduction in Biochemical Index of Stress: Decreased Arterial Lactate Levels. Indication of Deep Rest: Decreased Minute Volume.
195. Large Increase in Blood Flow to the Brain.
196. Changes in Hormonal Balance: Long-Term Changes in Pituitary Hormone Levels Indicative of Increased Sensitivity in Endocrine Control Systems.
197. Experience of Pure Consciousness Associated with: Marked Reductions in Respiration and Heart Rates; Periodic Breath Suspension; Absence of Spontaneous Skin Resistance Responses. Maintenance of Relaxed Style of Physiological Functioning Outside of Medi-

tation: Fewer Spontaneous Skin Resistance Responses.

198. Integration of Opposite Styles of Physiological Functioning: Simultaneous Increased Activity of Sympathetic and Parasympathetic Branches of Autonomic Nervous System.
199. Changes in Hormonal Balance: Decreased Serum Growth Hormone Levels.
200. Biochemical Indications of Reduced Stress: Decreased Serum Growth Hormone Levels; Decreased Cortisol Levels; Decreased Triiodothyronine Levels.
201. Changes in Cardiac Output and Stroke Volume.
202. Changes in Biochemical and Hormonal Balance: Decreased Levels of Catecholamine and Steroid Metabolites; Decreased Plasma Cortisol Levels. Improved Cardiovascular Health: Decreased Serum Cholesterol Levels. Benefits for Patients with Aggressive Behaviour, Mental Retardation, and Epilepsy: Normalization of Neurotransmitter Metabolite Levels, Plasma Cortisol Levels, and EEG Features; Decreased Aggression in Aggressive Patients; Improved IQ and Cognitive Functioning in Mentally Retarded Subjects; Reduction of Frequency and Severity of Epileptic Seizures in Epileptic Patients.
203. Fundamental Change in Cellular Metabolism: Reduced Glucose Metabolism in Red Blood Cells.
204. Changes in Serotonergic Activity: Increased Urinary 5-Hydroxyindole Excretion.

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205. Experience of Pure Consciousness Associated with: Periodic Breath Suspension; Marked Reductions in Metabolic Rate (Oxygen Consumption and Carbon Dioxide Elimination), Mean Respiration Rate, and Minute Ventilation Rate; Reduced Heart Rate; Increased Basal Skin Resistance; Stable Phasic Skin Resistance; Increased EEG Coherence.
206. Changes in Hormonal Balance: Long-Term Changes in Pituitary Hormone Levels Indicative of Increased Stability and Sensitivity in Endocrine Control Systems.
207. Indication of Deep Rest: Decreased Oxygen Consumption in Muscle Tissue.
208. Changes in Hormonal Balance: Increased Plasma Vasopressin Levels.

B: Electrophysiological and Electroencephalographic Changes

209. Electromyographic Evidence of Deep Muscular Relaxation.
210. Increased Orderliness and Integration of Brain Functioning: Increased Interhemispheric EEG Coherence.
211. Increased Orderliness and Integration of Brain Functioning: Increased Frontal and Central EEG Synchrony.
212. Electromyographic Evidence of Deep Muscular Relaxation; Reduction in Amplitude of H-Reflex.
213. Experience of Pure Consciousness Associated with Periodic Breath Suspension and High EEG Coherence.

214. Improved Processing of Auditory Information: Changes in Brainstem Auditory Potentials.
215. Increased Orderliness and Integration of Brain Functioning: Increased Alpha and Theta EEG Coherence.
216. Clear Experience of Pure Consciousness and TM-Sidhis Associated with Higher EEG Alpha Coherence and Higher Creativity.
217. Increased Orderliness and Integration of Brain Functioning: Longitudinal Increase in Frontal EEG Coherence.
218. Experience of Pure Consciousness Associated with Overall High EEG Coherence.
219. Improved Efficiency of Concept Learning; Correlations between High Frontal EEG Coherence, Enhanced Neurological Efficiency (Paired H-Reflex Recovery), and Greater Flexibility of Concept Learning.
220. EEG Differentiation between Transcendental Meditation and Napping.
221. High EEG Coherence Correlated with Improved Academic Performance in Mathematics.
222. Physiological Correlate of Increased Coherence in Collective Consciousness: Increased Intersubject EEG Coherence Due to Long-Range Influence of Group Practice of the TM-Sidhi Programme.
223. High Frontal Alpha EEG Coherence Correlated with High Levels of Principled Moral Reasoning and Unified Cosmic Perspective on Life.

- 224.** Increased Orderliness and Integration of Brain Functioning: Increased EEG Coherence.
- 225.** Correlations between High EEG Coherence and Superior Performance on Age-Related Psychological Variables: Fluency; Motor Speed; Reaction Time; Shape Memory; Flexibility. Length of Time Practising TM-Sidhi Programme Predictive of Higher Mean Right Alpha Coherence.

C: Physiological Efficiency and Stability

- 226.** Enhanced Neurological Efficiency: Faster Recovery of Paired H-Reflex.
- 227.** Enhanced Neuromuscular Efficiency: Decreased Reflex Latency and Reflex Motor Time.
- 228.** Reduced Pain-Related Distress.
- 229.** Enhanced Neurological Efficiency: Faster Recovery of Paired H-Reflex.
- 230.** Correlations between High EEG Coherence, Enhanced Neurological Efficiency (Paired H-Reflex Recovery), and Superior Academic Performance.
- 231.** Enhanced Neurological Efficiency (Paired H-Reflex Recovery) Correlated with Superior Academic Performance.

D: Health

- 232.** Benefits for Patients Recovering from Severe Illness, Including Severe Bronchial Asthma and Heart Disease.

233. Improved Cardiovascular Health: Decreased Serum Cholesterol Levels in Normal and Hypercholesterolaemic Patients; Reduction of Blood Pressure to More Ideal Levels in Normotensive Subjects.
234. Better Health for Mother and Child during Pregnancy and Childbirth: Fewer Medical Complaints during Pregnancy; Less Pain and Anxiety during Pregnancy and Childbirth; Shorter Duration of Labour; Lower Frequency of Vacuum or Forceps Delivery and Other Operative Interventions during Labour; Greater Frequency and Longer Duration of Breast-Feeding.
235. Improved Cardiovascular Health: Decreased Blood Pressure in Patients with Mild and Moderate Hypertension.
236. Improved Cardiovascular Health: Long-Term Reductions in Serum Cholesterol in Hypercholesterolaemic Patients.
237. Better Periodontal Health.
238. Improvements in Wide Variety of Physical and Mental Disorders: Hypertension; Angina Pectoris; Bronchial Asthma; Chronic Bronchitis; Diabetes Mellitus; Menorrhagia; Periodontal Inflammation; Recurrent Respiratory Infections; Allergies; Chronic Back Pain; Rheumatoid Arthritis; Dyspepsia; Chronic Colitis; Insomnia; Chronic Headaches; Anxiety; Depression; Fatigue; Obesity. Decreased Need for Tranquillizers, Sleep Medications, Anti-Asthmatics, Anti-Hypertensives, and Drugs for Heart Disease. Increased Co-operation with Medical Advice.

239. Multiple Improvements in Physical and Mental Health: Fewer Infectious Diseases; Better Health of the Respiratory and Digestive Systems; Less Eczema and Fewer Allergic Reactions; Less Depression; Greater Self-Actualization; Greater Self-Esteem; Better Social Relationships; Less Nervousness; Less Insomnia; Lower Use of Tranquillizers, Sleep Medication, and Analgesics; Fewer Accidents. Lower Usage of Cigarettes, Alcohol, Non-Prescribed Drugs, and Coffee.
240. Improved Blood Sugar Homeostasis as Measured by Oral Glucose Tolerance Test.
241. Decreased Psychosomatic Complaints; Decreased Musculoskeletal Complaints; Decreased Limitations Caused by Physical and General Ailments; Increased Efficiency; Increased Emotional Stability; Decreased Use of Medicines and Non-Prescribed Drugs; Decreased Over-Sensitivity.
242. Reversal of Biological Ageing: Younger Biological Age Compared with Control Subjects and Population Norms. Length of Time Practising Transcendental Meditation Associated with Reduction in Biological Age.
243. Improved General Physical and Mental Health: Relief from Insomnia; Decreased Need for Tranquillizers; Fewer Headaches.
244. Improved Cardiovascular Health: Lower Systolic Blood Pressure Compared to Norms for Age; Effect More Pronounced in Long-Term Meditators.
245. Reversal of Biological Ageing: Younger Bio-

- logical Age Compared with Norms. Length of Time Practising Transcendental Meditation and TM-Sidhi Programme Correlated with Younger Biological Age and Younger Functional Age, and Predictive of Lower Systolic Blood Pressure and Auditory Threshold.
246. Reversal of Biological Ageing: Longitudinal Reduction in Biological Age; Younger Biological Age Compared with Norms. Length of Time Practising Transcendental Meditation and TM-Sidhi Programme Correlated with Younger Biological Age and Younger Functional Age. Decreased Systolic Blood Pressure and Improved Auditory Threshold.
247. Improvements in Physical and Mental Disorders Positively Correlated with Duration and Regularity of Practice of Transcendental Meditation; Decreased Use of Alcohol; Decreased Use of Cigarettes; Decreased Drug Abuse; Decreased Need for Anti-Hypertensives, Drugs for Heart Disease, Sleep Medications, Tranquillizers, Anti-Depressants, Anti-Asthmatics, Anti-Histamines, Analgesics, and Other Medication.

E: Motor and Perceptual Ability

248. Improved Mind-Body Co-ordination: Faster Reactions (Visual Choice Reaction Time).
249. Reduced Need for External Stimulation.
250. Increased Perceptual Flexibility; Increased Psycho-Motor Speed; Increased Functional Efficiency of Psycho-Motor Co-ordination.
251. Increased Vigilance and Improved Capacity

- for Selective Attention: Faster Reactions with Fewer Mistakes; Shorter Latency and Larger Amplitude of Visual Evoked Potentials.
252. Increased Sensitivity, Strength, and Flexibility of the Nervous System; Improved Auditory Thresholds; Faster Reactions.
 253. Improved Efficiency of Visual Perception; Increased Freedom from Habitual Patterns of Perception.
 254. Improved Mind-Body Co-ordination: Faster Reactions.
 255. More Stable Internal Frame of Reference: Greater Field Independence.
 256. Improved Auditory Discrimination.
 257. Length of Time Practising TM-Sidhi Programme Predictive of Superior Performance on Tests Measuring Age-Related Psychological Variables: Visual Memory; Creativity; Field Independence; Perceptual Speed; Motor Speed; Reaction Time; Non-Verbal Intelligence. Length of Practice of Transcendental Meditation and TM-Sidhi Programme Predictive of Younger Functional Age.
 258. Experience of Higher States of Consciousness Positively Correlated with Superior Performance on Tests Measuring Perceptual Speed, Flexibility, Creativity, Intelligence, Field Independence, and Psycho-Motor Speed.
 259. More Stable Internal Frame of Reference: Greater Field Independence.

PART II: PSYCHOLOGY

A: Intelligence, Learning, and Academic Performance

- 260. Improved Creativity: Increased Figural Flexibility; Increased Figural Originality; Increased Verbal Fluency.
- 261. Benefits for Students at Maharishi International University: Increased Intelligence; Increased Self-Confidence; Increased Sociability; Improved Psychological Health; Increased Social Maturity.
- 262. Improved Echolalic Behaviour in Autistic Student.
- 263. Improved Speech, Social Behaviour, Intelligence, and Physiological Functioning in Mentally Retarded Subject.
- 264. Improved Working Memory in School Children.
- 265. Benefits for High School Students: Increased Intelligence Growth Rate; Improved Learning Ability; Improved Moral Judgement.

B: Development of Personality

- 266. More Positive Conception of Human Nature; More Positive Self-Image; Higher Levels of Tolerance; Greater Sociability; Less Pronounced Feelings of Social Inadequacy.
- 267. Decreased Neuroticism; Decreased Insomnia; Decreased Use of Tranquillizers.
- 268. Less Anxiety; Less Depression; More Affectionate; More Tolerant; Less Tendency to

- Dominate; Less Interested in Superficial Social Contacts; More Selective in Personal Relationships; Less Need for Acceptance; More Inner-Directed.
269. Decreased Hidden Mental Turbulence: Decreased Neuroticism.
 270. Enhanced Principled Moral Thinking.
 271. Improved Perception of Others.
 272. Greater Beneficial Effect from Transcendental Meditation Than from Other Meditation and Relaxation Procedures as Indicated by Meta-Analysis.
 273. Cumulative Benefits for Psychological Health: Decreased Nervousness; Decreased Depression; Decreased Emotional Instability; Decreased Manifest Anxiety.
 274. Stronger Self-Identity.
 275. Decreased State and Trait Anxiety.

PART III: SOCIOLOGY

A: Rehabilitation

276. Decreased or Discontinued Use of Cigarettes.
277. Decreased Drug Abuse; Decreased Nervousness (Decreased Psychosomatic Disturbance)*; Decreased Depression (Increased Contentment, Increased Self-Confidence); Increased Sociability (Increased Friendliness, Increased Liveliness); Increased Placidity (Increased

* The terms in brackets are taken from the manual of the psychological test employed in order to clarify the characteristics measured by the test.

Self-Assuredness, Increased Good Humour, Decreased Tendency to Procrastinate); Decreased Inhibition (Increases in: Naturalness, Spontaneity, Self-Sufficiency); Increased Extraversion (Increased Capacity for Warm Interpersonal Relationships); Decreased Neuroticism (Increased Emotional Stability, Decreased Tension); Increased Self-Reliance (Increased Effectiveness, More Balanced Mood, Increased Vigour).

278. Rehabilitation of Prisoners: Decreased Anxiety; Decreased Neuroticism; Decreased Resentment; Decreased Negativism; Decreased Irritability; Decreased Hostility; Decreased Prison Disciplinary Rule Infractions; Improved Sleep Patterns (Decreased Time to Fall Asleep, Decreased Awakenings per Night, Improved Quality of Sleep).
279. Verification of Results of Paper 278.
280. Rehabilitation of Prisoners: Sustained Reductions in Neuroticism, Anxiety, Hostility, and Use of Cigarettes; Improved Sleep Patterns (Decreased Time to Fall Asleep, Decreased Awakenings per Night).
281. Benefits for Psychiatric In-Patients: Marked Improvements in Schizophrenia, Manic-Depressive Psychosis, and Severe Personality Disorders; Decreased Anxiety and Tension.
282. Decreased Use of Alcohol; Decreased Drug Abuse.
283. Benefits for Patients with Psychiatric and Addictive Disorders in a Vocational Rehabilitation Unit: Greater Ability to Maintain Em-

- ployment on Discharge; More Frequently Maintained on Out-Patient Care Alone.
284. Rehabilitation of Prisoners: Greater Self-Development, Capacity for Warm Interpersonal Relationships, and Engagement in Private, Avocational Businesses; Lower Pathological Symptoms—Lower Psychopathic Deviation, Anxiety, Aggression, Tension, and Introversion; Growth toward Higher States of Consciousness; Longitudinal Increases in Self-Development and Decreases in Aggression, Anxiety, and Schizophrenic Symptoms.
 285. Rehabilitation of Prisoners: Lower Recidivism Rate; Fewer New Convictions.
 286. Rehabilitation of Prisoners: Lower Recidivism Rate; Higher Incidence of Clean Records; Fewer New Convictions.
 287. Decreased Use of Tobacco; Decreased Use of Alcohol; Decreased Use of Marijuana.
 288. Rehabilitation of Juvenile Offenders: Decreased Anxiety.

PART IV: REVIEW PAPERS

289. Reversal of Ageing.
- 290.* Treatment of Obesity: More Successful Weight Reduction; Improved Psychological Health in Obese Subjects—Decreased Anxiety; Decreased Nervousness (Decreased Psychosomatic Disturbance); Decreased Aggressive-

* Included in the research reviewed in this paper are findings which are not presented elsewhere in the Collected Papers, Volumes 1 – 4, and are therefore listed here.

ness (Increased Self-Control, Increased Emotional Maturity); Decreased Depression (Increased Contentment, Increased Self-Confidence); Increased Sociability (Increased Friendliness, Increased Liveliness); Increased Placidity (Increased Self-Assuredness, Increased Good Humour); Decreased Tendency to Dominate (Increased Respectfulness); Decreased Inhibition (Increases in Naturalness, Spontaneity, Self-Sufficiency); Increased Extraversion (Increased Capacity for Warm Interpersonal Relationships); Decreased Neuroticism (Increased Emotional Stability).

PART IV: REVIEW PAPERS

VOLUME 4

PART I: PHYSIOLOGY

A: Metabolic and Biochemical Changes

291. Indication of Deep Rest: Decreased Oxygen Consumption in Muscle Tissue. Reduction in Biochemical Index of Stress: Decreased Arterial Lactate Levels.
292. Fundamental Change in Cellular Metabolism: Reduced Glucose Metabolism in Red Blood Cells.
293. Decreased Minute Ventilation (Decreased Tidal Volume); Increased Basal Skin Resistance; Periodic Breath Suspension; Changes in Chemical and Neural Control of Breathing.

B: Electroencephalographic Changes

294. Increased Orderliness and Integration of Brain Functioning: Increased EEG Coherence. Correlations between Increased Frontal EEG Coherence and Increased Creativity; Correlations between Changes in EEG Coherence and Increased Grade Point Average, Increased Verbal Intelligence, Decreased Neuroticism, and Enhanced Principled Moral Reasoning.
295. Increased Orderliness and Integration of Brain Functioning: Synchronized High Amplitude Frontal EEG Theta Activity.
296. Correlation between Length of Time Practising Transcendental Meditation and EEG Alpha Coherence.

297. Correlations between High Frontal EEG Coherence and Highly Pro-Social Behaviour.

C: Health

298. Decreased Stuttering.
299. Improved Blood Sugar Homeostasis as Measured by Oral Glucose Tolerance Test.
300. Benefits for the Elderly: Increased Longevity; Increased Cognitive and Perceptual Flexibility; Increased Behavioural Flexibility; Increased Learning Ability; Improved Mental Health and Sense of Well-Being; More Ideal Levels of Blood Pressure.

D: Motor and Perceptual Ability

301. Increased Sensitivity, Strength, and Flexibility of the Nervous System; Improved Auditory Thresholds; Faster Reactions.
302. Improved Auditory Thresholds; Decreased Heart Rate.

PART II: PSYCHOLOGY

A: Intelligence, Learning, and Academic Performance

303. More Rapid Cognitive Growth and Consolidation in Pre- and Primary School Children Vital for Academic Achievement and General Cognitive Development: Superior Performance and Consolidation on Piagetian Conservation Tasks of Increasing Cognitive Difficulty Indicative of Mastery of Concrete Operational Skills.

304. Benefits of Maharishi's Integrated System of Education Perceived by Students at Maharishi International University: Better Academic Atmosphere; Greater Expectation to Gain Higher Degrees; Greater Motivation to Learn; Greater Enjoyment of School; Greater Mental Stability and Sense of Personal Security; Greater Sense of Control over Direction in Life; Greater Clarity of Personal Values; Greater Sensitivity to Other's Needs and Feelings; Greater Mental and Physical Relaxation; Better State of Physical Health.
305. Enrichment of Creativity and Appreciation in Artists.
306. Benefits for Graduate Students: Improved Academic Performance.
307. Benefits of Maharishi's Integrated System of Education for Students at Maharishi International University: Increased Intelligence; Increased Field Independence.

B: Development of Personality

308. Less Nervousness (Less Psychosomatic Disturbance)*; Less Aggressiveness (Greater Self-Control, Greater Emotional Maturity); Less Depression (Greater Contentment, Greater Self-Confidence); Less Irritability (Greater Calm in Frustrating Situations, Greater Tolerance); Greater Placidity (Greater Self-Assuredness, More Good Humour, Less Ten-

* The terms in brackets are taken from the manual of the psychological test employed in order to clarify the characteristics measured by the test.

- dency to Procrastinate); Less Inhibition (Greater Naturalness, Greater Spontaneity, Greater Self-Sufficiency); Less Neuroticism (Greater Emotional Stability, Less Tension); More Relaxation; More Activation; More Elation; Less Anxiety; Less Fatigue; Less Physical Tension; Less Physical Weakness; Increased Physical Well-Being.
- 309.** Benefits of Maharishi's Integrated System of Education for Students at Maharishi International University High School: Increased Moral Maturity; High Level of Moral Atmosphere.
- 310.** Greater Well-Being; Greater Sensitivity—Greater Ability to Focus Intently and Greater Responsiveness. Lower Anxiety; Lower Neuroticism.
- 311.** Decreased Anxiety; Greater Effectiveness of Transcendental Meditation Compared to Other Meditation Techniques and Relaxation Procedures.
- 312.** Growth of Higher States of Consciousness; Frequency of Experiences of Higher States of Consciousness Positively Correlated with: Regularity of Practice of Transcendental Meditation; Self-Actualization; Capacity for Total Focus of Attention, Heightened Intuition and Perception; Participation in and Plans to Join Constructive Work and Social Activities; Performance Measures of Creativity; Fewer Stress-Related Symptoms.

PART III: SOCIOLOGY

A: Rehabilitation

- 313.** Improvements in Post-Vietnam Adjustment Problems: Decreased Post-Vietnam Stress Disorder; Decreased Anxiety; Decreased Depression; Decreased Alcohol Consumption; Decreased Insomnia; Improved Employment Status; Decreased Family Problems.
- 314.** Rehabilitation of Prisoners: Decreased Sleep Disturbance (Decreased Awakenings per Night, Decreased Time to Sleep Onset, Improved Quality of Sleep); Decreased Paranoid Anxiety; Decreased Hostility; Greater Control of Anger. Benefits for Correctional Staff: Decreased Sleep Disturbance; Decreased Hostility; Decreased Paranoid Anxiety.

B: Quality of Life

- 315.** Greater Marital Satisfaction: Greater Marital Adjustment.
- 316.** Benefits for Married Couples: Decreased Nervousness (Increased Composure and Relaxation); Increased Sociability, Energy, and Enthusiasm; Increased Ability for Spontaneous Expression of Warmth and Affection; Increased Ability to Be Sympathetic, Compassionate, and Understanding; Increased Ability to Be Objective, Fair-Minded, and Reasonable; Increased Tolerance and Acceptance of Others; Increased Self-Discipline, Decreased Impulsiveness (Increased Emotional Maturity); Decreased Proneness toward Anxiety.

Findings Reflecting Growth of Coherence in Collective Consciousness on City, State, Provincial, National, and International Levels

317. Decreased Automobile Accident Rate; Decreased Suicide Rate (Cities, USA, 1973 – 1977).
318. Decreased Crime Rate (Cities, USA, 1973 – 1978).
319. Decreased Crime Rate (Cities, USA, 1974 – 1976).
320. Decreased Crime Rate (Metropolitan Areas, USA, 1973 – 1978).
321. Improved Quality of Provincial Life as Measured by an Index Including: Total Crime Rate, Mortality Rate, Motor Vehicle Fatality Rate, Auto Accident Rate, Unemployment Rate, Pollution, Beer Consumption Rate, and Cigarette Consumption Rate (Rhode Island, USA, 1978).
322. Increased Harmony in International Affairs (Worldwide, 1978); Decreased War Deaths (Rhodesia [Zimbabwe], 1978); Decreased Turbulence and Violence in Society (Iran, Nicaragua, and Rhodesia, 1978); Increased Progress toward Peaceful Settlement of Conflict (Nicaragua and Rhodesia, 1978).
323. Decreased Violent Crime; Decreased Motor Vehicle Fatalities; Decreased Number of Fatalities from Accidents, Suicide, and Homicide; Decreased Air Traffic Fatal Accidents; Increased Confidence, Optimism, and Economic Prosperity: Rise in Stock Market Index (USA, 1979).

324. Support of Nature for Coherence Creating Group: More Moderate Winter Temperature during Construction of Maharishi International University's First Golden Dome (Iowa, USA, 1979 – 1980).
325. Decreased Crime (Holland, 1979 and 1981); Decreased Automobile Accidents with Injury (Holland, 1979).
326. Decreased Crime (Delhi, India, 1980 – 1981).
327. Decreased Motor Vehicle Fatalities (USA, 1982).
328. Decreased Homicide (Washington, D.C., USA, 1981 – 1983).
329. Increased Confidence and Economic Prosperity: Rise in Value of Corporate Stocks (Washington, D.C., USA, 1981 – 1983).
330. Increased Confidence, Optimism, and Economic Prosperity: Rise in Stock Market Index (United Kingdom, 1982 – 1983).
331. Cessation of Attack on a Community and Protection from Ongoing Armed Conflict in the Surrounding Area (Lebanon, 1982 – 1984).
332. Improved Quality of National Life as Measured by an Index Including: Crime Rate, Percentage of Civil Cases Reaching Trial, Rate of Infectious Diseases, Infant Mortality Rate, Suicide Rate, Cigarette Consumption, Alcohol Consumption, Gross National Product, Patent Application Rate, Number of Degrees Conferred, Divorce Rate, and Traffic Fatalities (USA, 1976 – 1983).

333. Improved Quality of Life Resulting from Coherence Creating Group in Jerusalem as Measured by an Index Including: A Measure of the War Intensity in Lebanon, Newspaper Content Analysis of Israeli National Mood, Tel Aviv Stock Index, Automobile Accident Rate in Jerusalem, Number of Fires in Jerusalem, and Maximum Temperature in Jerusalem; Significant Improvement in Each Variable in the Index (Israel, 1983). Decreased War Deaths (Lebanon, 1983).
334. Decreased Crime (Puerto Rico, USA, 1984).
335. Increased Progress towards Peaceful Resolution of Conflict and Decreased War Intensity; Decreased War Deaths and War Injuries (Lebanon, 1983 – 1984); Increased Confidence and Economic Prosperity: Improved Foreign Exchange Rate (Lebanon, 1984).
336. Increased Confidence, Optimism, and Economic Prosperity as Measured by Rise of World Stock Index and Simultaneous Increase in Major Stock Market Indices (Worldwide, 1983 – 1984).
- 337.* Increased Progress towards Peaceful Resolution of Conflict; More Positive, Evolutionary

* In order to evaluate the effects of the Taste of Utopia Assembly, 17 Dec. – 6 Jan. 1984, Maharishi International University, Fairfield, Iowa, USA (please refer to pages 221–231), data were gathered by the authors of this study from a) requests sent to a sample of countries on every continent; b) requests for crime statistics sent to all the world's major cities; c) international organizations; and d) the world's news media. Presented are the results of the analysis of the data obtained at the time of publication.

Statements and Actions of Heads of State; Increased Harmony in International Affairs; Increased Confidence, Optimism, and Economic Prosperity as Measured by Rise of World Stock Index and Simultaneous Increase in Major Stock Market Indices; Decreased Air Traffic Fatalities (Worldwide, 1983 – 1984); Decreased Traffic Fatalities (USA; South Africa; States of New South Wales, Victoria, and Western Australia, Australia, 1983 – 1984); Decreased Crime (State of Victoria, Australia; Washington, D.C., USA; and Karachi, Pakistan, 1983 – 1984); Decreased Incidence of Infectious Diseases (USA and Australia, 1983 – 1984); Increased Creativity as Measured by Increased Patent Applications (USA, Australia, South Africa, and United Kingdom, 1983 – 1984).

PART IV: REVIEW PAPERS

Papers 338 to 355 review the application of the Transcendental Meditation and TM-Sidhi programme in the areas of health, education, development of personality, rehabilitation, and quality of life.

MAHARISHI TECHNOLOGY
OF THE UNIFIED FIELD

ANALYSIS
OF FINDINGS
OF SCIENTIFIC
RESEARCH

BENEFITS FOR EVERY AREA OF SOCIETY

This section gives a glimpse of the benefits of the Maharishi Technology of the Unified Field in the major areas of human concern by presenting the relevant research findings contained in *Scientific Research on the Transcendental Meditation and TM-Sidhi Programme: Collected Papers*, Volumes 1 to 4. The section presents the findings in the fields of **Education, Health, Government, Business and Industry, Defence, Rehabilitation, and Agriculture**. Findings are also presented demonstrating the development of positivity and coherence in society as a whole through the **Maharishi Effect**, on the city, provincial, and national levels, and documenting the verification of the formula to create **Utopia—the Global Maharishi Effect**.

EDUCATION

The following findings have been taken from the over 300 original scientific papers reprinted in *Scientific Research on the Transcendental Meditation and TM-Sidhi Programme: Collected Papers*, Volumes 1, 2, 3, and 4 and listed in the first section of this book. Included are the results of many studies conducted in educational settings as well as the results of other research of particular relevance to this area. The numbers contained in the brackets after each finding refer to the designated numbers of the original research studies as they are reprinted in Volumes 1, 2, 3, and 4 mentioned above.

UNIFIED FIELD BASED EDUCATION

Life in Accordance with the Total Potential of Natural Law through an Integrated System of Education Utilizing the Transcendental Meditation and TM-Sidhi Programme—Unfoldment of the Full Creative Potential of Individual and Collective Life.

Increased Intelligence, Learning Ability, and Intellectual Performance

- Increased Intelligence (Vol. 1: 53, 55, 103; Vol. 2: 150; Vol. 3: 257, 261; Vol. 4: 307.)
- Increased Intelligence Growth Rate (Vol. 1: 54; Vol. 3: 265.)
- Increased Learning Ability (Vol. 1: 56, 57; Vol. 3: 265; Vol. 4: 300.)
- Improved Memory (Vol. 1: 56, 58; Vol. 2: 132,

134, 136; Vol. 3: 257, 264.)

- Spontaneous Organization of Memory (Vol. 1: 58; Vol. 2: 134, 136.)
- Improved Stabilization of Organized Memory (Vol. 1: 58.)
- Improved Cognitive Flexibility (Vol. 3: 253; Vol. 4: 300.)
- Increased Efficiency of Concept Learning (Vol. 3: 219.)
- Improved Concentration (Vol. 2: 132.)
- Broader Comprehension and Improved Ability to Focus Attention (Vol. 1: 52, 103; Vol. 3: 255, 257, 259; Vol. 4: 307.)
- Improved Comprehension (Vol. 2: 132.)
- Increased Mental Clarity and Wakefulness (Vol. 1: 93; Vol. 2: 147.)
- Improved Intellectual Performance (Vol. 1: 62.)
- Improved Problem-Solving Ability (Vol. 1: 58, 62.)
- Greater Adaptability of Mental Orientation (Vol. 1: 71.)
- Improved Ability to Deal with the Abstract and Complex (Vol. 1: 62.)

Improved Academic Performance and Increased Academic Orientation

- Improved Academic Performance (Vol. 1: 59–61; Vol. 4: 306.)
- Greater Interest in Academic Activities (Vol. 1: 71; Vol. 2: 138; Vol. 4: 304.)
- Greater Commitment to Higher Education (Vol. 2: 138; Vol. 4: 304.)

- Greater Intellectual Orientation (Vol. 1: 71; Vol. 2: 138.)
- Greater Scientific Orientation (Vol. 2: 138.)
- Greater Aesthetic Orientation (Vol. 1: 71; Vol. 2: 138.)
- Enhanced Academic Atmosphere in a University Setting (Vol. 4: 304.)

Increased Creativity

- Enhanced Creativity (Vol. 1: 62, 63, 103; Vol. 2: 150; Vol. 3: 257, 260; Vol. 4: 294, 305.)
- Increased Resourcefulness (Vol. 2: 150.)
- Increased Innovation (Vol. 1: 62.)

Optimizing Brain Functioning

- Increased Orderliness of Brain Functioning (Vol. 1: 1–4, 14–18, 20, 102; Vol. 2: 115, 117; Vol. 3: 205, 210, 211, 213, 215, 217, 218, 224; Vol. 4: 294–296.)
- Increased Integration of Brain Functioning (Vol. 1: 14–17, 20, 102; Vol. 3: 205, 210, 211, 213, 215, 217, 218, 224; Vol. 4: 294–296.)
- Increased Brain Wave Coherence (Vol. 1: 20, 21, 102; Vol. 3: 205, 210, 213, 215, 217, 218, 224; Vol. 4: 294, 296.)
- Increased Blood Flow to the Brain: The Basis of Optimizing Brain Functioning (Vol. 2: 105, 106; Vol. 3: 194, 195.)
- Increased Neurological Efficiency:
 - Increased Efficiency of Information Transfer in the Brain (Vol. 2: 114, 116; Vol. 3: 214, 251.)

- Improved Spinal Reflex Activity (Vol. 3: 226, 227, 229.)
- Greater Ability to Process Information at Speed (Vol. 2: 123.)
- Improved Left Hemispheric Functioning—Improved Verbal and Analytical Thinking (Vol. 1: 54–56, 58, 62, 63, 103; Vol. 2: 134; Vol. 3: 260, 265.)
- Improved Right Hemispheric Functioning—Improved Synthetic and Holistic Thinking (Vol. 1: 103; Vol. 2: 135, 140; Vol. 3: 257, 260.)
- Increased Sensitivity, Strength, and Flexibility of the Nervous System (Vol. 4: 301.)
- Greater Adaptability of Brain Functioning (Vol. 2: 120.)
- Correlations Found in Subjects Practising the Transcendental Meditation and TM-Sidhi Programme:
 - Between Duration of Practice of Transcendental Meditation and High EEG Coherence (Vol. 4: 296.)
 - Between High EEG Coherence, High Levels of Creativity, Neurological Efficiency, and Experience of Transcendental Consciousness (Vol. 1: 21.)
 - Between High EEG Coherence, Neurological Efficiency, and Flexibility of Concept Learning (Vol. 3: 219.)
 - Between High EEG Coherence and Improved Performance in Mathematics (Vol. 3: 221.)
 - Between High EEG Coherence, High Levels of Principled Moral Reasoning, and a Unified Cosmic Perspective on Life (Vol. 3: 223.)

- Between High EEG Coherence and More Ideal Social Behaviour (Vol. 4: 297.)
- Between High EEG Coherence, Neurological Efficiency, and Superior Academic Performance (Vol. 3: 230, 231.)
- Between High EEG Coherence and Superior Performance on Age-Related Psychological Variables (Vol. 3: 225.)
- Between High EEG Coherence, Higher States of Consciousness, Experience of the TM-Sidhis, and High Levels of Creativity (Vol. 1: 102; Vol. 3: 216.)
- Between Increased Frontal EEG Coherence and Increased Creativity (Vol. 4: 294.)
- Between Changes in EEG Coherence and Increased Moral Maturity, Increased Intelligence, Improved Academic Performance, and Decreased Neuroticism (Vol. 4: 294.)
- Increased Intersubject EEG Coherence: Long-Range Effects of the Group Dynamics of Consciousness (Vol. 3: 222.)

Improved Perceptual Ability

- Improved Auditory Thresholds (Vol. 1: 104; Vol. 3: 245, 246, 252; Vol. 4: 301, 302.)
- Improved Auditory Discrimination (Vol. 1: 50; Vol. 2: 123, 128; Vol. 3: 256.)
- Improved Efficiency of Visual Perception and Increased Freedom from Habitual Patterns of Perception (Vol. 3: 253; Vol. 4: 300.)
- Lower Incidence of Perceptual Illusion (Vol. 2: 131.)
- Increased Perceptual Flexibility (Vol. 1: 103; Vol. 3: 250, 253; Vol. 4: 300.)

- Increased Perceptual Speed (Vol. 3: 257.)
- Increased Vigilance and Improved Capacity for Selective Attention (Vol. 3: 251; Vol. 4: 300.)
- Increased Field Independence: Growth of a Stable Internal Frame of Reference (Vol. 1: 51, 52, 103; Vol. 3: 255, 257, 259; Vol. 4: 307.)

Improved Mind-Body Co-ordination

- Faster Reactions (Vol. 1: 45–47, 53; Vol. 2: 129; Vol. 3: 248, 251, 254, 257; Vol. 4: 301.)
- Superior Perceptual-Motor Performance (Vol. 1: 48, 49.)
- Increased Psycho-Motor Speed (Vol. 1: 103; Vol. 3: 250, 257.)
- Increased Functional Efficiency of Psycho-Motor Co-ordination (Vol. 3: 250.)
- Improved Motor-Cognitive Flexibility (Vol. 1: 103.)
- Duration of Practice of the Transcendental Meditation and TM-Sidhi Programme Found to Be Predictive of Superior Performance on Tests Measuring Age-Related Psychological Variables: Visual Memory, Creativity, Field Independence, Perceptual Speed, Motor Speed, Reaction Time, and Non-Verbal Intelligence (Vol. 3: 257.)
- Correlations Found between Experiences of Higher States of Consciousness and Superior Performance on Tests Measuring Perceptual Speed, Flexibility, Creativity, Intelligence, Field Independence, and Psycho-Motor Speed in Subjects Practising the Transcendental Meditation and TM-Sidhi Programme (Vol. 3: 258.)

Improved Athletic Performance

- Increased Neuromuscular Integration (Vol. 2: 130.)
- Increased Running Speed (Vol. 2: 130.)
- Increased Agility (Vol. 2: 130.)
- Improved Standing Broad Jump (Vol. 2: 130.)

Increased Organizational Ability and Efficiency

- Increased Leadership Ability, Persuasiveness, Forcefulness, and Influence (Vol. 1: 73; Vol. 2: 153.)
- Increased Time Competence: Increased Ability to Think and Act Efficiently in the Present (Vol. 1: 69, 70, 76; Vol. 2: 151, 153, 155.)
- Greater Ability to Accomplish More with Less Effort (Vol. 2: 130, 164.)
- Greater Organizational Ability (Vol. 2: 164.)
- Increased Foresight (Vol. 2: 153.)
- Greater Initiative (Vol. 2: 164.)
- Greater Ability to Assign Priorities (Vol. 2: 164.)
- Greater Decision Making Ability (Vol. 2: 164.)
- Increased Effectiveness (Vol. 1: 65, 77; Vol. 2: 161; Vol. 3: 277.)
- Decreased Tendency to Procrastinate (Vol. 1: 65, 77; Vol. 3: 277, 290; Vol. 4: 308.)
- Increased Practicality and Realism (Vol. 2: 153.)
- Decreased Number of Situations in Life Perceived as Problems (Vol. 2: 142.)
- Decreased Number of Serious Problems Experienced (Vol. 2: 142.)

Increased Energy and Dynamism

- Increased Readiness for Activity (Vol. 1: 65; Vol. 2: 147.)
- Increased Alertness (Vol. 1: 29; Vol. 2: 164; Vol. 4: 308.)
- Increased Energy and Enthusiasm (Vol. 4: 316.)
- Increased Enthusiasm for Work (Vol. 2: 150.)
- Increased Liveliness (Vol. 1: 65, 77; Vol. 3: 277, 290.)
- Increased Vigour (Vol. 1: 65, 77; Vol. 3: 277.)
- Increased Energy and Endurance (Vol. 1: 62; Vol. 2: 130.)
- Increased Persistence (Vol. 2: 153.)
- Growth of a More Brave, Adventurous, Action-Oriented Nature (Vol. 1: 73.)
- Increased Physical Well-Being (Vol. 4: 308.)
- Decreased Drowsiness (Vol. 2: 126, 147.)
- Decreased Lethargy (Vol. 2: 126, 147.)
- Decreased Fatigue (Vol. 2: 147; Vol. 3: 238; Vol. 4: 308.)

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Improved Quality of Life in Society through Maharishi's Unified Field Based Integrated System of Education

The following research findings demonstrate that one percent of a population practising the Transcen-

dental Meditation programme or the square root of one percent collectively practising the TM-Sidhi programme radiate a powerful influence of coherence and harmony in collective consciousness bringing life in accordance with all the laws of nature, neutralizing negative tendencies and promoting positive trends in society as a whole.

- Improved Quality of National Life as Measured by an Index Including: Number of Degrees Conferred, Patent Application Rate, Crime Rate, Percentage of Civil Cases Reaching Trial, Rate of Infectious Diseases, Infant Mortality Rate, Suicide Rate, Cigarette Consumption, Alcohol Consumption, Gross National Product, Divorce Rate, and Traffic Fatalities (Vol. 4: 332, USA, 1976–1983.)
- Improved Quality of Provincial Life as Measured by an Index Including: Total Crime Rate, Mortality Rate, Motor Vehicle Fatality Rate, Auto Accident Rate, Unemployment Rate, Pollution, Beer Consumption Rate, and Cigarette Consumption Rate (Vol. 4: 321, Rhode Island, USA, 1978.)
- Increased Creativity as Measured by Increased Patent Applications (Vol. 4: 337, USA, Australia, South Africa, and United Kingdom, 1983–1984.)
- Increased Confidence, Optimism, and Economic Prosperity: Improvement in Economic Indicators (Vol. 4: 323, USA, 1979; 329, Washington, D.C., USA, 1981–1983; 330, United Kingdom, 1982–1983; 333, Israel, 1983; 335, Lebanon, 1984; 336, Worldwide, 1983–1984; 337, Worldwide, 1983–1984.)
- Decreased Crime (Vol. 1: 98, Cities, USA, 1973;

- Vol. 2: 166, Cities, USA, 1974–1976; Vol. 4: 318, Cities, USA, 1973–1978; 319, Cities, USA, 1974–1976; 320, Metropolitan Areas, USA, 1973–1978; 323, USA, 1979; 325, Holland, 1979 and 1981; 326, Delhi, India, 1980–1981; 328, Washington, D.C., USA, 1981–1983; 334, Puerto Rico, USA, 1984; 337, State of Victoria, Australia, Washington, D.C., USA, and Karachi, Pakistan, 1983–1984.)
- Decreased Motor Vehicle Accidents and Fatalities (Vol. 4: 317, Cities, USA, 1973–1977; 323, USA, 1979; 325, Holland, 1979; 327, USA, 1982; 333, Jerusalem, Israel, 1983; 337, USA, South Africa, and States of New South Wales, Victoria, and Western Australia, Australia, 1983–1984.)
 - Decreased Air Traffic Fatalities and Fatal Accidents (Vol. 4: 323, USA, 1979; 337, Worldwide, 1983–1984.)
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 - Increased Positivity in National Mood (Vol. 4: 333, Israel, 1983.)
 - Decreased Turbulence and Violence in Society (Vol. 4: 322, Iran, Nicaragua, and Rhodesia [Zimbabwe], 1978.)
 - Decreased War Intensity and War Deaths (Vol. 4:

—322, Rhodesia [Zimbabwe], 1978; 331, Lebanon, 1982–1984; 333, Lebanon, 1983; 335, Lebanon, 1983–1984.)

- Increased Progress towards Peaceful Resolution of Conflict (Vol. 4: 322, Nicaragua and Rhodesia [Zimbabwe], 1978; 335, Lebanon, 1983–1984; 337, Worldwide, 1983–1984.)
- More Positive, Evolutionary Statements and Actions of Heads of State (Vol. 4: 337, Worldwide, 1983–1984.)
- Increased Harmony in International Affairs (Vol. 4: 322, Worldwide, 1978; 337, Worldwide, 1983–1984.)

UNIFIED FIELD BASED HEALTH

Life in Accordance with the Total Potential of Natural Law through the Transcendental Meditation and TM-Sidhi Programme—Creating Perfect Health for the Individual and Society.

GROWTH OF PERFECT PHYSICAL HEALTH

Reversal of the Ageing Process

- Younger Biological Age Compared to Population Norms (Vol. 3: 242, 247, 248.)
- Younger Biological Age Compared with Control Subjects (Vol. 3: 242.)
- Longitudinal Reduction in Biological Age (Vol. 3: 246.)

HEALTH

The following findings have been taken from the over 300 original scientific papers reprinted in *Scientific Research on the Transcendental Meditation and TM-Sidhi Programme: Collected Papers*, Volumes 1, 2, 3, and 4 and listed in the first section of this book. Included are the results of many studies conducted in the context of the prevention and cure of illness and the promotion of perfect health, as well as the results of other research of particular relevance to this area. The numbers contained in the brackets after each finding refer to the designated numbers of the original research studies as they are reprinted in Volumes 1, 2, 3, and 4 mentioned above.

UNIFIED FIELD BASED HEALTH

Life in Accordance with the Total Potential of Natural Law through the Transcendental Meditation and TM-Sidhi Programme—Creating Perfect Health for the Individual and Society.

GROWTH OF PERFECT PHYSICAL HEALTH

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- Younger Biological Age Compared to Population Norms (Vol. 3: 242, 245, 246.)
- Younger Biological Age Compared with Control Subjects (Vol. 3: 242.)
- Longitudinal Reduction in Biological Age (Vol. 3: 246.)

- Increased Longevity (Vol. 4: 300.)
- Duration of Practice of the Transcendental Meditation and TM-Sidhi Programme Found to Be Correlated with Younger Biological Age (Vol. 3: 242, 245, 246.)
- Duration of Practice of the Transcendental Meditation and TM-Sidhi Programme Found to Be Predictive of:
 - Younger Physiological Age as Reflected in Levels of Systolic Blood Pressure and Auditory Threshold (Vol. 3: 245.)
 - Superior Performance on Tests Measuring Age-Related Psychological Variables: Visual Memory, Creativity, Field Independence, Perceptual Speed, Motor Speed, Reaction Time, and Non-Verbal Intelligence (Vol. 3: 257.)
- Other Findings Indicating Reversal of the Ageing Process (Vol. 1: 15, 18, 25–28, 31–42, 45–53, 55–58, 63, 65, 67, 74, 77, 78, 87, 88, 103, 104; Vol. 2: 123–126, 128–130, 134, 136, 143, 147, 150, 158; Vol. 3: 195, 197, 202, 232, 233, 235, 236, 239, 240, 244, 248, 250, 251, 254–256, 259–261, 268, 273, 277, 278, 280, 290; Vol. 4: 294, 299–301, 307.)
- Multiple Improvements in Factors Most Closely Associated with Longevity: Cardiovascular Health, Work Satisfaction, Positive Health Habits, Physical Function, Happiness Rating, Self-Health Rating, Intelligence, and Mental Health (Please Refer to Appropriate Findings throughout Volumes 1, 2, 3, and 4.)

A Unique State of Deep Rest during Transcendental Meditation—The Perfect Means to Eliminate Stress and Promote Orderliness in Physiological Functioning

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- Increased Ease of Breathing: Increased Airway Conductance (Vol. 1: 6.)
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- EEG Indications of a Unique State of Restful Alertness (Vol. 1: 1–4, 7, 14, 15, 17, 18; Vol. 2: 117; Vol. 3: 211, 213, 220.)
- Increased Basal Skin Resistance (Vol. 1: 1–4, 22–24; Vol. 2: 130; Vol. 3: 205; Vol. 4: 293.)
- Decreased Spontaneous Skin Resistance Responses (Vol. 1: 25–27; Vol. 2: 130; Vol. 3: 197, 205.)
- Increased Muscle Relaxation (Vol. 1: 15; Vol. 2: 122; Vol. 3: 209, 212.)

- Reduced Metabolism in Muscle Tissue (Vol. 3: 207; Vol. 4: 291.)
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- Other Unique Changes in Biochemical and Hormonal Balance (Vol. 1: 13; Vol. 2: 110, 113; Vol. 3: 198–200, 208.)
- The Experience of Pure Consciousness Found to Be Associated with: High EEG Coherence; Marked Reductions in Respiration Rate, Heart Rate, and Metabolic Rate; Periodic Breath Suspension; Absence of Spontaneous Skin Resistance Responses; High Basal Skin Resistance (Vol. 1: 7; Vol. 3: 197, 205, 213.)

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- Decreased Blood Pressure in Hypertensive Subjects (Vol. 1: 32–34; Vol. 2: 124, 125; Vol. 3: 233, 235, 238; Vol. 4: 300.)
- Reduction of Blood Pressure to More Ideal Levels in Normotensive Subjects (Vol. 2: 124; Vol. 3: 233, 244–246.)
- Decreased Need for Anti-Hypertensives (Vol. 3: 238, 247.)
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- Improvements in Patients with Angina Pectoris:
 - Improved Exercise Tolerance (Vol. 1: 35; Vol. 3: 238.)
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- Decreased Need for Drugs for Heart Disease (Vol. 1: 35; Vol. 3: 238, 247.)
- Improved Cardiovascular Efficiency (Vol. 1: 35; Vol. 2: 130.)
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Improved Health of the Respiratory System

- Improvements in Patients with Bronchial Asthma:
 - Reduced Severity of Symptoms (Vol. 1: 2, 36–38; Vol. 3: 232, 238.)
 - Reduced Airway Resistance (Vol. 1: 36–38.)
 - Decreased Need for Anti-Asthmatic Drugs (Vol. 3: 238, 247.)
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- Correlations Found in Subjects Practising the Transcendental Meditation and TM-Sidhi Programme:
 - Between Duration of Practice of Transcendental Meditation and High EEG Coherence (Vol. 4: 296.)
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- Increased Autonomic Stability (Vol. 1: 25–28, 87; Vol. 2: 123, 130; Vol. 3: 197, 205.)
- More Effective Interaction with the Environment: Improved Resistance to Stress (Vol. 1: 25–28; Vol. 2: 123.)
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- Improved Auditory Discrimination (Vol. 1: 50; Vol. 2: 123, 128; Vol. 3: 256.)
- Improved Efficiency of Visual Perception and Increased Freedom from Habitual Patterns of Perception (Vol. 3: 253; Vol. 4: 300.)
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- Correlations Found between Experiences of Higher States of Consciousness and Superior Performance on Tests Measuring Perceptual Speed, Flexibility, Creativity, Intelligence, Field Independence, and Psycho-Motor Speed in Subjects Practising the Transcendental Meditation and TM-Sidhi Programme (Vol. 3: 258.)

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- Reduced Inflammation of the Gums (Vol. 1: 39; Vol. 3: 237, 238.)
- Fewer Infections (Vol. 1: 2; Vol. 3: 238, 239.)
- Benefits for Subjects with Allergies (Vol. 1: 2; Vol. 3: 238, 239.)
- Decreased Need for Anti-Histamines (Vol. 3: 247.)

Improved Health of the Musculo-Skeletal System

- General Improvements (Vol. 3: 241.)
- Improvements in Patients with Chronic Back Pain, Rheumatoid Arthritis, and Other Complaints (Vol. 3: 238.)

Improved Health of the Digestive System

- General Improvements (Vol. 3: 239.)
- Improved Periodontal Health (Vol. 1: 39; Vol. 3: 237, 238.)
- Improvements in Patients with Dyspepsia,

Chronic Colitis, and Other Complaints (Vol. 1: 95; Vol. 3: 238.)

Better Health for Mother and Child during Pregnancy and Childbirth

- Fewer Medical Complaints during Pregnancy (Vol. 3: 234.)
- Less Anxiety during Pregnancy and Childbirth (Vol. 3: 234.)
- Less Pain during Pregnancy and Childbirth (Vol. 3: 234.)
- Shorter Duration of Labour (Vol. 3: 234.)
- Lower Frequency of Vacuum or Forceps Delivery and Other Operative Interventions during Labour (Vol. 3: 234.)
- Greater Frequency and Longer Duration of Breast-Feeding (Vol. 3: 234.)

Improved Health Habits

- Decreased Use of Cigarettes (Vol. 1: 80, 84; Vol. 2: 150, 153, 161–163; Vol. 3: 239, 247, 276, 280, 287.)
- Decreased Use of Alcohol (Vol. 1: 73, 80, 83–85, 95; Vol. 2: 126, 150, 153, 162, 163; Vol. 3: 239, 247, 282, 283, 287; Vol. 4: 313.)
- Decreased Drug Abuse (Vol. 1: 73, 79–82, 84–86, 89, 90, 95; Vol. 2: 153, 161–163; Vol. 3: 239, 247, 277, 282, 287.)
- Decreased Intake of Caffeine (Vol. 2: 163; Vol. 3: 239.)
- Increased Co-operation with Medical Advice (Vol. 3: 238.)

Improved General Health

- Maintenance of a Relaxed Style of Physiological Functioning Outside of Meditation (Vol. 1: 6, 18, 30; Vol. 3: 197.)
- Maintenance of Physiological Relaxation during a Task (Vol. 2: 122.)
- Faster Recovery from Exertion (Vol. 1: 31.)
- Increased Energy and Endurance (Vol. 1: 62; Vol. 2: 130; Vol. 3: 238.)
- Improvements in Sleeping and Dreaming Patterns:
 - Relief from Insomnia (Vol. 1: 41, 42, 95; Vol. 3: 238, 243; Vol. 4: 313.)
 - Decreased Time to Fall Asleep (Vol. 1: 41, 42; Vol. 2: 126, 160; Vol. 3: 278, 280; Vol. 4: 314.)
 - Decreased Awakenings per Night (Vol. 2: 126, 157, 160; Vol. 3: 278, 280; Vol. 4: 314.)
 - Improved Quality of Sleep (Vol. 2: 126, 157, 160; Vol. 3: 278, 280; Vol. 4: 314.)
 - Decreased Time to Awaken Fully (Vol. 2: 126.)
 - Increased Restedness on Awakening (Vol. 2: 126.)
 - Decreased Drowsiness (Vol. 2: 126, 147.)
 - Decreased Lethargy (Vol. 2: 126, 147.)
 - Decreased Daytime Napping (Vol. 2: 126.)
 - Decrease in Number of Dreams Remembered (Vol. 2: 126.)
 - Decrease in Complexity of Dreams (Vol. 2: 126.)
 - Decrease in Unpleasant Emotional Content of Dreams (Vol. 2: 126.)
 - Decrease in Recurring Dreams (Vol. 2: 126.)
 - Decreased Need for Sleep Medications (Vol. 1:

95; Vol. 2: 126, 153; Vol. 3: 238, 239, 247.)

—Faster Recovery from Sleep Deprivation (Vol. 1: 40.)

- Decreased Fatigue (Vol. 2: 147; Vol. 3: 238.)
- Improvements in General Physical and Mental Well-Being in Individuals under Medical Care (Vol. 3: 238, 243.)
- Improved Self-Health Rating (Vol. 1: 2; Vol. 3: 239, 247.)
- Decreased Susceptibility to, and Discomfort from, Physical and General Complaints (Vol. 3: 241.)
- Benefits for Patients Recovering from Serious Illnesses (Vol. 3: 232, 238.)
- Improved Mental and Physical Health in Patients on a Kidney Transplant/Dialysis Programme (Vol. 2: 125.)
- Fewer Domestic, Work, Road, and Other Accidents (Vol. 3: 239.)
- Improvements in Patients with Chronic Headaches (Vol. 1: 2, 95; Vol. 3: 238, 243.)
- Decreased Need for Analgesics (Vol. 2: 150, 153; Vol. 3: 239, 247.)
- Normalization of Body Weight:
 - More Successful Weight Reduction in Obese Subjects (Vol. 3: 238, 290.)
 - Changes towards Ideal Body Weight in Both Overweight and Underweight Subjects (Vol. 1: 44; Vol. 3: 238.)
 - Improved Psychological Health in Subjects Undertaking Dietary Treatment for Obesity (Vol. 3: 290.)

- Improvements in Patients with Skin Disorders:
 - Less Eczema (Vol. 3: 239.)
 - Decreased Neurodermatitis (Vol. 1: 95.)
- Reduced Need for Medical Attention (Vol. 2: 126.)
- Improvements in Physical Health Positively Correlated with Duration and Regularity of Practice of Transcendental Meditation (Vol. 3: 247.)
- Benefits for the Elderly:
 - Increased Longevity (Vol. 4: 300.)
 - Increased Cognitive and Perceptual Flexibility (Vol. 4: 300.)
 - Increased Behavioural Flexibility (Vol. 4: 300.)
 - Improved Mental Health (Vol. 4: 300.)
 - More Ideal Levels of Blood Pressure (Vol. 4: 300.)

GROWTH OF PERFECT MENTAL HEALTH

- Improvements in Mental Health Positively Correlated with Duration and Regularity of Practice of Transcendental Meditation (Vol. 3: 247.)
- Prevention of Psychiatric Illness (Vol. 2: 127.)

Increased Integration of Personality and Growth of Higher States of Consciousness

- Experience of Pure Consciousness during Transcendental Meditation (Vol. 1: 2, 7, 8, 20, 21, 99–102; Vol. 3: 197, 213, 216, 218, 258.)
- Growth of Higher States of Consciousness (Vol. 1: 19, 99–104; Vol. 3: 216, 258, 284; Vol. 4: 312.)

- Increased Self-Actualization: Increased Integration, Unity, and Wholeness of Personality (Vol. 1: 64, 67, 69, 70, 72, 74, 76, 78; Vol. 2: 144, 151, 153, 155; Vol. 3: 239.)
- Greater Ability to Bring the Inner Self to Healthy Expression (Vol. 2: 141.)
- Greater Commitment to Personal Growth (Vol. 2: 138.)
- Increased Inner-Directedness: Greater Independence and Self-Supportiveness (Vol. 1: 64, 69, 70, 72, 76; Vol. 2: 139, 151, 153, 155; Vol. 3: 268.)
- Greater Inner Locus of Control (Vol. 1: 69.)
- Growth of Inner Fulfilment Independent of Outside Stimulation (Vol. 3: 249.)
- Increased Self-Sufficiency (Vol. 1: 65, 77; Vol. 2: 150, 153; Vol. 3: 277, 290; Vol. 4: 308.)
- Increased Ego Strength (Vol. 1: 67; Vol. 2: 150, 153.)
- Increased Autonomy and Independence (Vol. 1: 62, 71; Vol. 2: 151, 153.)
- Increased Self-Reliance (Vol. 1: 65, 77; Vol. 2: 153; Vol. 3: 277.)
- Less Sensitivity to Criticism (Vol. 1: 67.)
- Less Tendency to Worry about Other People's Opinions (Vol. 2: 164.)
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- Enhanced Self-Esteem (Vol. 1: 62, 67; Vol. 2: 156, 158; Vol. 3: 239.)
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- Increased Self-Acceptance (Vol. 1: 70, 81; Vol. 2: 151.)
- Increased Self-Confidence (Vol. 1: 65, 77; Vol. 2: 150; Vol. 3: 261, 277, 290; Vol. 4: 304, 308.)
- Increased Self-Assuredness (Vol. 1: 65, 77; Vol. 3: 277, 290; Vol. 4: 308.)
- Enhanced Inner Well-Being (Vol. 2: 147; Vol. 4: 300, 310.)
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- Increased Emotional Stability (Vol. 1: 65, 71, 77, 87, 93, 95; Vol. 2: 138, 150, 153, 158; Vol. 3: 241, 273, 277, 290; Vol. 4: 308.)
- Increased Emotional Maturity (Vol. 1: 65, 77, 87,

- 93, 95; Vol. 2: 150, 153, 158; Vol. 3: 290; Vol. 4: 308, 316.)
- Increased Sensitivity to One's Own Needs and Feelings (Vol. 1: 69, 70, 72; Vol. 2: 151, 153.)
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 - High Level of Moral Atmosphere in a High School Setting (Vol. 4: 309.)
 - Greater Open-Mindedness: Greater Flexibility of Constructions of Reality (Vol. 2: 152.)
 - Increased Ability to See the Opposites of Life as Meaningfully Related (Vol. 1: 76.)
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 - Decreased Behavioural Rigidity (Vol. 1: 87, 103; Vol. 3: 250; Vol. 4: 300.)
 - Increased Leadership Ability, Persuasiveness, Forcefulness, and Influence (Vol. 1: 73; Vol. 2: 153.)
 - Increased Ability to Think and Act Efficiently in the Present (Vol. 1: 69, 70, 76; Vol. 2: 151, 153, 155.)

- Increased Foresight (Vol. 2: 153.)
- Increased Effectiveness (Vol. 1: 65, 77; Vol. 2: 161; Vol. 3: 277.)
- Decreased Tendency to Procrastinate (Vol. 1: 65, 77; Vol. 3: 277, 290; Vol. 4: 308.)
- Increased Practicality and Realism (Vol. 2: 153.)
- Decreased Number of Situations in Life Perceived as Problems (Vol. 2: 142.)
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- Increased Intelligence (Vol. 1: 53, 55, 103; Vol. 2: 150; Vol. 3: 257, 261; Vol. 4: 307.)
- Increased Intelligence Growth Rate (Vol. 1: 54; Vol. 3: 265.)
- Increased Learning Ability (Vol. 1: 56, 57; Vol. 3: 265; Vol. 4: 300.)
- Improved Memory (Vol. 1: 56, 58; Vol. 2: 132, 134, 136; Vol. 3: 257, 264.)
- Spontaneous Organization of Memory (Vol. 1: 58; Vol. 2: 134, 136.)
- Improved Stabilization of Organized Memory (Vol. 1: 58.)
- Improved Cognitive Flexibility (Vol. 3: 253; Vol. 4: 300.)
- Increased Efficiency of Concept Learning (Vol. 3: 219.)
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- Broader Comprehension and Improved Ability to

- Focus Attention (Vol. 1: 52, 103; Vol. 3: 255, 257, 259; Vol. 4: 307.)
- Improved Comprehension (Vol. 2: 132.)
- Increased Mental Clarity and Wakefulness (Vol. 1: 93; Vol. 2: 147.)
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Increased Creativity

- Enhanced Creativity (Vol. 1: 62, 63, 103; Vol. 2: 150; Vol. 3: 257, 260; Vol. 4: 294, 305.)
- Increased Resourcefulness (Vol. 2: 150.)
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Increased Energy and Vitality

- Increased Readiness for Activity (Vol. 1: 65; Vol. 2: 147.)
- Increased Alertness (Vol. 1: 29; Vol. 2: 164; Vol. 4: 308.)
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- Increased Liveliness (Vol. 1: 65, 77; Vol. 3: 277, 290.)
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- Growth of a More Brave, Adventurous, Action-Oriented Nature (Vol. 1: 73.)
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Reduction in Negative Personality Characteristics

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- Decreased Use of Cigarettes, Alcohol, and Drugs (Please Refer to Findings on 'Improved Health Habits' Listed Above)

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- Prevention of Psychiatric Illness (Vol. 2: 127.)
- Improvements in Anxiety Neurosis (Vol. 1: 95; Vol. 2: 157; Vol. 3: 238.)
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- Increased Self-Actualization with Regard to Aspects of Personality Relevant to Learning Disorders in Economically Deprived Adolescents with Learning Problems: Increased Independence and Self-Supportiveness, and Improved Self-Regard (Vol. 2: 139.)
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- Benefits for Children with Learning Problems: Decreases in Anxiety, Examination Anxiety, and School Dislike (Vol. 2: 133.)
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- Increased Ability to See Man as Essentially Good (Vol. 1: 76; Vol. 2: 153; Vol. 3: 266.)
- Increased Social Maturity (Vol. 2: 138; Vol. 3: 261.)
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- Greater Respect for the Views of Others (Vol. 2: 164.)
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- Decreased Desire to Change Jobs (Vol. 1: 96.)

GROWTH OF PERFECT COLLECTIVE HEALTH

Improved Health of Society through the Maharishi Effect

The following research findings demonstrate that one percent of a population practising the Transcendental Meditation programme or the square root of one percent collectively practising the TM-Sidhi programme radiate a powerful influence of coherence and harmony in collective consciousness bringing life in accordance with all the laws of nature, neutralizing negative tendencies and promoting positive trends in society as a whole.

- Decreased Incidence of Infectious Diseases (Vol. 4: 337, USA and Australia, 1983–1984.)
- Improved Quality of National Life as Measured by an Index Including: Rate of Infectious Diseases, Infant Mortality Rate, Suicide Rate, Cigarette Consumption, Alcohol Consumption, Divorce Rate, Traffic Fatalities, Crime Rate, Percentage of Civil Cases Reaching Trial, Gross National Product, Patent Application Rate, and Number of Degrees Conferred (Vol. 4: 332, USA, 1976–1983.)
- Improved Quality of Provincial Life as Measured by an Index Including: Mortality Rate, Cigarette Consumption Rate, Beer Consumption Rate, Motor Vehicle Fatality Rate, Auto Accident Rate, Pollution, Unemployment Rate, and Total Crime Rate (Vol. 4: 321, Rhode Island, USA, 1978.)
- Decreased Suicide Rate (Vol. 4: 317, Cities, USA, 1973–1977; 323, USA, 1979.)

- Decreased Fires (Vol. 4: 333, Jerusalem, Israel, 1983.)
- Improved Weather Conditions (Vol. 4: 324, Iowa, USA, 1979–1980; 333, Jerusalem, Israel, 1983.)
- Decreased Motor Vehicle Accidents and Fatalities (Vol. 4: 317, Cities, USA, 1973–1977; 323, USA, 1979; 325, Holland, 1979; 327, USA, 1982; 333, Jerusalem, Israel, 1983; 337, USA, South Africa, and States of New South Wales, Victoria, and Western Australia, Australia, 1983–1984.)
- Decreased Air Traffic Fatalities and Fatal Accidents (Vol. 4: 323, USA, 1979; 337, Worldwide, 1983–1984.)
- Decreased Crime (Vol. 1: 98, Cities, USA, 1973; Vol. 2: 166, Cities, USA, 1974–1976; Vol. 4: 318, Cities, USA, 1973–1978; 319, Cities, USA, 1974–1976; 320, Metropolitan Areas, USA, 1973–1978; 323, USA, 1979; 325, Holland, 1979 and 1981; 326, Delhi, India, 1980–1981; 328, Washington, D.C., USA, 1981–1983; 334, Puerto Rico, USA, 1984; 337, State of Victoria, Australia, Washington, D.C., USA, and Karachi, Pakistan, 1983–1984.)
- Decreased Turbulence and Violence in Society (Vol. 4: 322, Iran, Nicaragua, and Rhodesia [Zimbabwe], 1978.)
- Decreased War Intensity and War Deaths (Vol. 4: 322, Rhodesia [Zimbabwe], 1978; 331, Lebanon, 1982–1984; 333, Lebanon, 1983; 335, Lebanon, 1983–1984.)
- Increased Progress towards Peaceful Resolution of Conflict (Vol. 4: 322, Nicaragua and Rhodesia

[Zimbabwe], 1978; 335, Lebanon, 1983–1984; 337, Worldwide, 1983–1984.)

- More Positive, Evolutionary Statements and Actions of Heads of State (Vol. 4: 337, Worldwide, 1983–1984.)
 - Increased Harmony in International Affairs (Vol. 4: 322, Worldwide, 1978; 337, Worldwide, 1983–1984.)
 - Increased Positivity in National Mood (Vol. 4: 333, Israel, 1983.)
 - Increased Confidence, Optimism, and Economic Prosperity: Improvement in Economic Indicators (Vol. 4: 323, USA, 1979; 329, Washington, D.C., USA, 1981–1983; 330, United Kingdom, 1982–1983; 333, Israel, 1983; 335, Lebanon, 1984; 336, Worldwide, 1983–1984; 337, Worldwide, 1983–1984.)
 - Increased Creativity as Measured by Increased Patent Applications (Vol. 4: 337, USA, Australia, South Africa, and United Kingdom, 1983–1984.)
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GOVERNMENT

The following findings have been taken from the over 300 original scientific papers reprinted in *Scientific Research on the Transcendental Meditation and TM-Sidhi Programme: Collected Papers*, Volumes 1, 2, 3, and 4 and listed in the first section of this book. The numbers contained in the brackets after each finding refer to the designated numbers of the original research studies as they are reprinted in Volumes 1, 2, 3, and 4 mentioned above.

UNIFIED FIELD BASED GOVERNMENT

Utilizing the Infinite Organizing Power of Nature within the Unified Field for the Problem-Free Administration of Society—Raising the Life of the Individual and Society to Be in Perfect Alliance with the Total Potential of Natural Law.

Creation of Ideal Society through the Maharishi Effect— Improved Quality of City, Provincial, National, and International Life.

The following research findings demonstrate that one percent of a population practising the Transcendental Meditation programme or the square root of one percent collectively practising the TM-Sidhi programme radiate a powerful influence of coherence and harmony in collective consciousness bringing life in accordance with all the laws of nature,

neutralizing negative tendencies and promoting positive trends in society as a whole, thereby creating the basis for problem-free administration of the nation.

The Maharishi Effect: Increased Coherence in Collective Consciousness through the Practice of the Transcendental Meditation Programme

- Improved Quality of City Life:
 - Decreased Crime Rate (Vol. 1: 98, USA, 1973; Vol. 2: 166, USA, 1974–1976; Vol. 4: 318, USA, 1973–1978; 319, USA, 1974–1976; 320, USA, 1973–1978.)
 - Decreased Suicide Rate (Vol. 4: 317, USA, 1973–1977.)
 - Decreased Automobile Accidents (Vol. 4: 317, USA, 1973–1977.)
 - Cessation of Attack on a Community and Protection from Ongoing Armed Conflict in the Surrounding Area (Vol. 4: 331, Lebanon, 1982–1984.)

The Extended Maharishi Effect: Increased Coherence in Collective Consciousness through the Collective Practice of the Transcendental Meditation and TM-Sidhi Programme

- Improved Quality of City Life:
 - Increased Confidence and Economic Prosperity (Vol. 4: 329, USA, 1981–1983.)
 - Decreased Homicide (Vol. 4: 328, USA, 1981–1983.)
 - Decreased Automobile Accidents (Vol. 4: 333, Israel, 1983.)

- Fewer Fires (Vol. 4: 333, Israel, 1983.)
- More Moderate Summer Temperature (Vol. 4: 333, Israel, 1983.)
- Improved Quality of Provincial Life:
 - As Measured by an Index Including: Total Crime Rate, Mortality Rate, Motor Vehicle Fatality Rate, Auto Accident Rate, Unemployment Rate, Pollution, Beer Consumption Rate, and Cigarette Consumption Rate (Vol. 4: 321, USA, 1978.)
 - Decreased Crime (Vol. 4: 326, India, 1980–1981; 334, USA, 1984.)
 - Decreased Violent Crime (Vol. 4: 323, USA, 1979.)
 - Decreased Motor Vehicle Fatalities (Vol. 4: 323, USA, 1979.)
 - Decreased Number of Fatalities from Accidents, Suicide, and Homicide (Vol. 4: 323, USA, 1979.)
 - Improved Winter Weather Conditions (Vol. 4: 324, USA, 1979–1980.)
- Improved Quality of National Life:
 - As Measured by an Index Including: Crime Rate, Percentage of Civil Cases Reaching Trial, Rate of Infectious Diseases, Infant Mortality Rate, Suicide Rate, Cigarette Consumption, Alcohol Consumption, Gross National Product, Patent Application Rate, Number of Degrees Conferred, Divorce Rate, and Traffic Fatalities (Vol. 4: 332, USA, 1976–1983.)
 - Increased Confidence, Optimism, and Economic Prosperity (Vol. 4: 323, USA, 1979; 330, United Kingdom, 1982–1983; 333, Israel, 1983; 335, Lebanon, 1984.)

- Increased Positivity in National Mood (Vol. 4: 333, Israel, 1983.)
- Decreased Crime (Vol. 4: 325, Holland, 1979 and 1981.)
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- Decreased Auto Accidents with Injuries (Vol. 4: 325, Holland, 1979.)
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- Decreased Turbulence and Violence in Society (Vol. 4: 322, Iran, Nicaragua, and Rhodesia [Zimbabwe], 1978.)
- Decreased War Deaths (Vol. 4: 322, Rhodesia [Zimbabwe], 1978; 333, Lebanon, 1983; 335, Lebanon, 1983–1984.)
- Decreased War Intensity (Vol. 4: 333, Lebanon, 1983; 335, Lebanon, 1983–1984.)
- Increased Progress towards Peaceful Resolution of Conflict (Vol. 4: 322, Nicaragua and Rhodesia [Zimbabwe], 1978; 335, Lebanon, 1984.)
- Increased Harmony between Nations (Vol. 4: 322, Worldwide, 1978.)

Utopia—the Global Maharishi Effect: Increased Coherence in the Entire World Consciousness through the Collective Practice of the Transcendental Meditation and TM-Sidhi

Programme by the Square Root of One Percent of the World's Population

- Improved Quality of City, Provincial, National, and International Life during the Taste of Utopia Assembly, 17 Dec.—6 Jan. 1984:
 - Increased Confidence, Optimism, and Economic Prosperity as Measured by Rise of World Stock Index and Simultaneous Increase in Major Stock Market Indices (Vol. 4: 336, Worldwide; 337, Worldwide.)
 - More Positive, Evolutionary Statements and Actions of Heads of State (Vol. 4: 337, Worldwide.)
 - Increased Harmony in International Affairs (Vol. 4: 337, Worldwide.)
 - Increased Progress towards Peaceful Resolution of Conflict (Vol. 4: 335, Lebanon; 337, Worldwide.)
 - Increased Creativity as Measured by Increased Patent Applications (Vol. 4: 337, USA, Australia, South Africa, and United Kingdom.)
 - Decreased Traffic Fatalities (Vol. 4: 337, USA, South Africa, and Australia.)
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 - Decreased Incidence of Infectious Diseases (Vol. 4: 337, USA and Australia.)
 - Decreased Crime (Vol. 4: 337, State of Victoria, Australia; Washington, D.C., USA; and Karachi, Pakistan.)
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Increased Coherence of Brain Functioning—the Basis of Increased Coherence in Collective Consciousness

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- Increased Brain Wave Coherence (Vol. 1: 20, 21, 102; Vol. 3: 205, 210, 213, 215, 217, 218, 224; Vol. 4: 294, 296.)
- Increased Blood Flow to the Brain: The Basis of Optimizing Brain Functioning (Vol. 2: 105, 106; Vol. 3: 194, 195.)
- Increased Neurological Efficiency:
 - Increased Efficiency of Information Transfer in the Brain (Vol. 2: 114, 116; Vol. 3: 214, 251.)
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- Improved Left Hemispheric Functioning—Improved Verbal and Analytical Thinking (Vol. 1: 54–56, 58, 62, 63, 103; Vol. 2: 134; Vol. 3: 260, 265.)
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A Unique State of Deep Rest during Transcendental Meditation—the Perfect Means to Neutralize Stress and Tension

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(Vol. 1: 87.)

Effective Rehabilitation of Juvenile Offenders

- Decreased Anxiety (Vol. 1: 90; Vol. 3: 288.)
- Increased Happiness and Self-Regard (Vol. 1: 90.)
- Improved Relationships (Vol. 1: 90.)
- Fewer Court Problems (Vol. 1: 90.)
- Reduced Use of Drugs (Vol. 1: 90.)

BUSINESS AND INDUSTRY

The following findings have been taken from the over 300 original scientific papers reprinted in *Scientific Research on the Transcendental Meditation and TM-Sidhi Programme: Collected Papers*, Volumes 1, 2, 3, and 4 and listed in the first section of this book. Included are the results of studies conducted in business and industrial settings as well as the results of other research of particular relevance to this area. The numbers contained in the brackets after each finding refer to the designated numbers of the original research studies as they are reprinted in Volumes 1, 2, 3, and 4 mentioned above.

UNIFIED FIELD BASED BUSINESS AND INDUSTRY

Harnessing the Infinite Creative Intelligence Inherent within the Unified Field through the Transcendental Meditation and TM-Sidhi Programme—Unfoldment of the Full Creative Potential of the Individual and Society.

Increased City, National, and International Prosperity through the Maharishi Effect

The following research findings demonstrate that one percent of a population practising the Transcendental Meditation programme or the square root of one percent collectively practising the TM-Sidhi programme radiate a powerful influence of coherence and harmony in collective consciousness bringing life in accordance with all the laws of nature, neu-

tralizing negative tendencies and promoting positive trends in society as a whole.

- Increased Confidence, Optimism, and Economic Prosperity: Improvement in Economic Indicators (Vol. 4: 323, USA, 1979; 329, Washington, D.C., USA, 1981–1983; 330, United Kingdom, 1982–1983; 333, Israel, 1983; 335, Lebanon, 1984; 336, Worldwide, 1983–1984; 337, Worldwide, 1983–1984.)
- Increased Creativity as Measured by Increased Patent Applications (Vol. 4: 337, USA, Australia, South Africa, and United Kingdom, 1983–1984.)
- Improved Quality of National Life as Measured by an Index Including: Gross National Product, Patent Application Rate, Crime Rate, Percentage of Civil Cases Reaching Trial, Rate of Infectious Diseases, Infant Mortality Rate, Suicide Rate, Cigarette Consumption, Alcohol Consumption, Number of Degrees Conferred, Divorce Rate, and Traffic Fatalities (Vol. 4: 332, USA, 1976–1983.)
- Improved Quality of Provincial Life as Measured by an Index Including: Total Crime Rate, Mortality Rate, Motor Vehicle Fatality Rate, Auto Accident Rate, Unemployment Rate, Pollution, Beer Consumption Rate, and Cigarette Consumption Rate (Vol. 4: 321, Rhode Island, USA, 1978.)
- Decreased Crime (Vol. 1: 98, Cities, USA, 1973; Vol. 2: 166, Cities, USA, 1974–1976; Vol. 4: 318, Cities, USA, 1973–1978; 319, Cities, USA, 1974–1976; 320, Metropolitan Areas, USA, 1973–1978; 323, USA, 1979; 325, Holland, 1979 and 1981; 326, Delhi, India, 1980–1981; 328,

- Washington, D.C., USA, 1981–1983; 334, Puerto Rico, USA, 1984; 337, State of Victoria, Australia, Washington, D.C., USA, and Karachi, Pakistan, 1983–1984.)
- Decreased Motor Vehicle Accidents and Fatalities (Vol. 4: 317, Cities, USA, 1973–1977; 323, USA, 1979; 325, Holland, 1979; 327, USA, 1982; 333, Jerusalem, Israel, 1983; 337, USA, South Africa, and States of New South Wales, Victoria, and Western Australia, Australia, 1983–1984.)
 - Decreased Air Traffic Fatalities and Fatal Accidents (Vol. 4: 323, USA, 1979; 337, Worldwide, 1983–1984.)
 - Decreased Incidence of Infectious Diseases (Vol. 4: 337, USA and Australia, 1983–1984.)
 - Decreased Fires (Vol. 4: 333, Jerusalem, Israel, 1983.)
 - Decreased Suicide Rate (Vol. 4: 317, Cities, USA, 1973–1977; 323, USA, 1979.)
 - Improved Weather Conditions (Vol. 4: 324, Iowa, USA, 1979–1980; 333, Jerusalem, Israel, 1983.)
 - Increased Positivity in National Mood (Vol. 4: 333, Israel, 1983.)
 - Decreased Turbulence and Violence in Society (Vol. 4: 322, Iran, Nicaragua, and Rhodesia [Zimbabwe], 1978.)
 - Decreased War Intensity and War Deaths (Vol. 4: 322, Rhodesia [Zimbabwe], 1978; 331, Lebanon, 1982–1984; 333, Lebanon, 1983; 335, Lebanon, 1983–1984.)
 - Increased Progress towards Peaceful Resolution

of Conflict (Vol. 4: 322, Nicaragua and Rhodesia [Zimbabwe], 1978; 335, Lebanon, 1983–1984; 337, Worldwide, 1983–1984.)

- More Positive, Evolutionary Statements and Actions of Heads of State (Vol. 4: 337, Worldwide, 1983–1984.)
- Increased Harmony in International Affairs (Vol. 4: 322, Worldwide, 1978; 337, Worldwide, 1983–1984.)

Increased Organizational Ability

- Greater Organizational Ability (Vol. 2: 164.)
- Increased Time Competence: Increased Ability to Think and Act Efficiently in the Present (Vol. 1: 69, 70, 76; Vol. 2: 151, 153, 155.)
- Greater Ability to Assign Priorities (Vol. 2: 164.)
- Greater Decision Making Ability (Vol. 2: 164.)
- Decreased Tendency to Procrastinate (Vol. 1: 65, 77; Vol. 3: 277, 290; Vol. 4: 308.)
- Increased Foresight (Vol. 2: 153.)
- Greater Initiative (Vol. 2: 164.)
- Increased Practicality and Realism (Vol. 2: 153.)
- Increased Effectiveness (Vol. 1: 65, 77; Vol. 2: 161; Vol. 3: 277.)
- Increased Leadership Ability, Persuasiveness, Forcefulness, and Influence (Vol. 1: 73; Vol. 2: 153.)
- Decreased Number of Situations in Life Perceived as Problems (Vol. 2: 142.)
- Decreased Number of Serious Problems Experienced (Vol. 2: 142.)

Increased Intelligence and Creativity

- Increased Intelligence (Vol. 1: 53, 55, 103; Vol. 2: 150; Vol. 3: 257, 261; Vol. 4: 307.)
- Enhanced Creativity (Vol. 1: 62, 63, 103; Vol. 2: 150; Vol. 3: 257, 260; Vol. 4: 294, 305.)
- Increased Resourcefulness (Vol. 2: 150.)
- Increased Innovation (Vol. 1: 62.)

Optimizing Brain Functioning

- Increased Orderliness of Brain Functioning (Vol. 1: 1–4, 14–18, 20, 102; Vol. 2: 115, 117; Vol. 3: 205, 210, 211, 213, 215, 217, 218, 224; Vol. 4: 294–296.)
- Increased Integration of Brain Functioning (Vol. 1: 14–17, 20, 102; Vol. 3: 205, 210, 211, 213, 215, 217, 218, 224; Vol. 4: 294–296.)
- Increased Brain Wave Coherence (Vol. 1: 20, 21, 102; Vol. 3: 205, 210, 213, 215, 217, 218, 224; Vol. 4: 294, 296.)
- Increased Blood Flow to the Brain: The Basis of Optimizing Brain Functioning (Vol. 2: 105, 106; Vol. 3: 194, 195.)
- Increased Neurological Efficiency:
 - Increased Efficiency of Information Transfer in the Brain (Vol. 2: 114, 116; Vol. 3: 214, 251.)
 - Improved Spinal Reflex Activity (Vol. 3: 226, 227, 229.)
- Greater Ability to Process Information at Speed (Vol. 2: 123.)
- Improved Left Hemispheric Functioning—Improved Verbal and Analytical Thinking (Vol. 1: 54–56, 58, 62, 63, 103; Vol. 2: 134; Vol. 3: 260, 265.)

- Improved Right Hemispheric Functioning—Improved Synthetic and Holistic Thinking (Vol. 1: 103; Vol. 2: 135, 140; Vol. 3: 257, 260.)
- Increased Sensitivity, Strength, and Flexibility of the Nervous System (Vol. 4: 301.)
- Greater Adaptability of Brain Functioning (Vol. 2: 120.)
- Correlations Found in Subjects Practising the Transcendental Meditation and TM-Sidhi Programme:
 - Between Duration of Practice of Transcendental Meditation and High EEG Coherence (Vol. 4: 296.)
 - Between High EEG Coherence, High Levels of Creativity, Neurological Efficiency, and Experience of Transcendental Consciousness (Vol. 1: 21.)
 - Between Experiences of Higher States of Consciousness and Superior Performance on Tests Measuring Perceptual Speed, Flexibility, Creativity, Intelligence, Field Independence, and Psycho-Motor Speed (Vol. 3: 258.)
 - Between High EEG Coherence, Higher States of Consciousness, Experience of the TM-Sidhis, and High Levels of Creativity (Vol. 1: 102; Vol. 3: 216.)
- Increased Intersubject EEG Coherence: Long-Range Effects of the Group Dynamics of Consciousness (Vol. 3: 222.)

Increased Clarity of Thinking and Perception

- Increased Mental Clarity and Wakefulness (Vol. 1: 93; Vol. 2: 147.)

- Broader Comprehension and Improved Ability to Focus Attention (Vol. 1: 52, 103; Vol. 3: 255, 257, 259; Vol. 4: 307.)
- Improved Concentration (Vol. 2: 132.)
- Improved Comprehension (Vol. 2: 132.)
- Increased Learning Ability (Vol. 1: 56, 57; Vol. 3: 265; Vol. 4: 300.)
- Improved Memory (Vol. 1: 56, 58; Vol. 2: 132, 134, 136; Vol. 3: 257, 264.)
- Spontaneous Organization of Memory (Vol. 1: 58; Vol. 2: 134, 136.)
- Improved Stabilization of Organized Memory (Vol. 1: 58.)
- Improved Intellectual Performance (Vol. 1: 62.)
- Improved Problem-Solving Ability (Vol. 1: 58, 62.)
- Greater Adaptability of Mental Orientation (Vol. 1: 71.)
- Increased Perceptual Acuity (Vol. 1: 50, 104; Vol. 2: 123, 128; Vol. 3: 245, 246, 252, 256; Vol. 4: 301, 302.)
- Improved Efficiency of Visual Perception and Increased Freedom from Habitual Patterns of Perception (Vol. 3: 253; Vol. 4: 300.)
- Lower Incidence of Perceptual Illusion (Vol. 2: 131.)
- Increased Perceptual Flexibility (Vol. 1: 103; Vol. 3: 250, 253; Vol. 4: 300.)
- Increased Perceptual Speed (Vol. 3: 257.)
- Increased Vigilance and Improved Capacity for Selective Attention (Vol. 3: 251; Vol. 4: 300.)

Increased Energy and Dynamism

- Increased Readiness for Activity (Vol. 1: 65; Vol. 2: 147.)
- Increased Alertness (Vol. 1: 29; Vol. 2: 164; Vol. 4: 308.)
- Increased Energy and Enthusiasm (Vol. 4: 316.)
- Increased Enthusiasm for Work (Vol. 2: 150.)
- Increased Liveliness (Vol. 1: 65, 77; Vol. 3: 277, 290.)
- Increased Vigour (Vol. 1: 65, 77; Vol. 3: 277.)
- Increased Energy and Endurance (Vol. 1: 62; Vol. 2: 130.)
- Increased Persistence (Vol. 2: 153.)
- Growth of a More Brave, Adventurous, Action-Oriented Nature (Vol. 1: 73.)
- Increased Physical Well-Being (Vol. 4: 308.)
- Decreased Drowsiness (Vol. 2: 126, 147.)
- Decreased Lethargy (Vol. 2: 126, 147.)
- Decreased Fatigue (Vol. 2: 147; Vol. 3: 238; Vol. 4: 308.)

Increased Efficiency

- Increased Productivity (Vol. 1: 96, 97.)
- Greater Ability to Accomplish More with Less Effort (Vol. 2: 130, 164.)
- Improved Job Performance (Vol. 1: 96, 97; Vol. 2: 161.)
- Faster Reactions (Vol. 1: 45–47, 53; Vol. 2: 129; Vol. 3: 248, 251, 254, 257; Vol. 4: 301.)

- Superior Perceptual-Motor Performance (Vol. 1: 48, 49.)
- Fewer Accidents at Work (Vol. 3: 239.)

Increased Job Satisfaction

- Increased Job Satisfaction (Vol. 1: 96, 97.)
- Decreased Desire to Change Jobs (Vol. 1: 96.)
- Reduced Anxiety about Promotion (Vol. 1: 96.)
- Improved Relations with Co-Workers (Vol. 1: 96, 97.)
- Improved Relations with Supervisors (Vol. 1: 96, 97.)

A Unique State of Deep Rest during Transcendental Meditation to Neutralize Stress Caused by Routine Work

- The Experience of Pure Consciousness Found to Be Associated with: High EEG Coherence; Marked Reductions in Respiration Rate, Heart Rate, and Metabolic Rate; Periodic Breath Suspension; Absence of Spontaneous Skin Resistance Responses; High Basal Skin Resistance (Vol. 1: 7; Vol. 3: 197, 205, 213.)
- Decreased Metabolic Rate: Decreased Oxygen Consumption (Vol. 1: 1-4, 6, 7, 9; Vol. 2: 108, 130; Vol. 3: 205.)
- Decreased Minute Ventilation (Vol. 1: 1, 3, 4, 7; Vol. 2: 108; Vol. 3: 205; Vol. 4: 293.)
- Decreased Respiration Rate (Vol. 1: 2-5, 9, 10; Vol. 2: 108; Vol. 3: 197, 205.)
- Periodic Breath Suspension (Vol. 1: 8; Vol. 3:

197, 205, 213; Vol. 4: 293.)

- Decreased Heart Rate (Vol. 1: 1–4, 6; Vol. 2: 108; Vol. 3: 197, 205; Vol. 4: 302.)
- Increased Basal Skin Resistance (Vol. 1: 1–4, 22–24; Vol. 2: 130; Vol. 3: 205; Vol. 4: 293.)
- Decreased Spontaneous Skin Resistance Responses (Vol. 1: 25–27; Vol. 2: 130; Vol. 3: 197, 205.)
- Increased Muscle Relaxation (Vol. 1: 15; Vol. 2: 122; Vol. 3: 209, 212.)
- Reduction in Biochemical Indices of Stress:
 - Decreased Arterial Lactate Levels (Vol. 1: 2–4; Vol. 3: 194, 203; Vol. 4: 291, 292.)
 - Decreased Plasma Cortisol Levels (Vol. 1: 12; Vol. 2: 109, 111; Vol. 3: 190, 191, 200, 202.)
- EEG Indications of a Unique State of Restful Alertness (Vol. 1: 1–4, 7, 14, 15, 17, 18; Vol. 2: 117; Vol. 3: 211, 213, 220.)

Increased Freedom from Stress

- Decreased Physiological Stress: Decreased Urinary Free Cortisol Levels (Vol. 2: 109.)
- Increased Autonomic Stability (Vol. 1: 25–28, 87; Vol. 2: 123, 130; Vol. 3: 197, 205.)
- More Effective Interaction with the Environment: Improved Resistance to Stress (Vol. 1: 25–28; Vol. 2: 123.)
- Maintenance of a Relaxed Style of Physiological Functioning Outside of Meditation (Vol. 1: 6, 18, 30; Vol. 3: 197.)
- Maintenance of Physiological Relaxation during a Task (Vol. 2: 122.)

Creating Unbounded Awareness— To Neutralize the Boundaries Caused by Routine Work

- Experience of Pure Consciousness during Transcendental Meditation (Vol. 1: 2, 7, 8, 20, 21, 99–102; Vol. 3: 197, 213, 216, 218, 258.)
- Growth of Higher States of Consciousness (Vol. 1: 19, 99–104; Vol. 3: 216, 258, 284; Vol. 4: 312.)

Growth of Personal Integration and Fulfilment

- Increased Self-Actualization: Increased Integration, Unity, and Wholeness of Personality (Vol. 1: 64, 67, 69, 70, 72, 74, 76, 78; Vol. 2: 144, 151, 153, 155; Vol. 3: 239.)
- Greater Ability to Bring the Inner Self to Healthy Expression (Vol. 2: 141.)
- Greater Commitment to Personal Growth (Vol. 2: 138.)
- Increased Inner-Directedness: Greater Independence and Self-Supportiveness (Vol. 1: 64, 69, 70, 72, 76; Vol. 2: 139, 151, 153, 155; Vol. 3: 268.)
- Greater Inner Locus of Control (Vol. 1: 69.)
- Growth of Inner Fulfilment Independent of Outside Stimulation (Vol. 3: 249.)
- Increased Self-Sufficiency (Vol. 1: 65, 77; Vol. 2: 150, 153; Vol. 3: 277, 290; Vol. 4: 308.)
- Increased Ego Strength (Vol. 1: 67; Vol. 2: 150, 153.)
- Increased Autonomy and Independence (Vol. 1: 62, 71; Vol. 2: 151, 153.)

- Increased Self-Reliance (Vol. 1: 65, 77; Vol. 2: 153; Vol. 3: 277.)
- Less Sensitivity to Criticism (Vol. 1: 67.)
- Less Tendency to Worry about Other People's Opinions (Vol. 2: 164.)
- Less Need to Belong and Be Accepted (Vol. 3: 268.)
- Increased Self-Discipline (Vol. 4: 316.)
- Greater Self-Control (Vol. 1: 65, 77; Vol. 2: 153; Vol. 3: 290; Vol. 4: 308.)
- Enhanced Self-Concept (Vol. 2: 142, 144, 146, 148, 156; Vol. 3: 274.)
- Enhanced Self-Esteem (Vol. 1: 62, 67; Vol. 2: 156, 158; Vol. 3: 239.)
- Enhanced Self-Regard (Vol. 1: 64, 69, 76, 90; Vol. 2: 139, 151, 153; Vol. 3: 266.)
- Increased Self-Acceptance (Vol. 1: 70, 81; Vol. 2: 151.)
- Increased Self-Confidence (Vol. 1: 65, 77; Vol. 2: 150; Vol. 3: 261, 277, 290; Vol. 4: 304, 308.)
- Increased Self-Assuredness (Vol. 1: 65, 77; Vol. 3: 277, 290; Vol. 4: 308.)
- Enhanced Inner Well-Being (Vol. 2: 147; Vol. 4: 300, 310.)
- Increased Inner Calm and Tranquillity (Vol. 1: 65, 73, 77; Vol. 2: 150; Vol. 4: 308, 316.)
- Greater Calm in Frustrating Situations (Vol. 1: 65, 77; Vol. 4: 308, 316.)
- Increased Contentment (Vol. 1: 65, 67, 77; Vol. 2: 150; Vol. 3: 277, 290; Vol. 4: 308.)
- Increased Happiness (Vol. 1: 90; Vol. 2: 147.)

- More Balanced Mood (Vol. 1: 65, 77; Vol. 3: 277; Vol. 4: 308.)
- Increased Naturalness (Vol. 1: 65, 77; Vol. 3: 277, 290; Vol. 4: 308.)
- Increased Spontaneity (Vol. 1: 64, 65, 69, 70, 76, 77; Vol. 2: 151, 153; Vol. 3: 277, 290; Vol. 4: 308, 316.)
- Increased Emotional Stability (Vol. 1: 65, 71, 77, 87, 93, 95; Vol. 2: 138, 150, 153, 158; Vol. 3: 241, 273, 277, 290; Vol. 4: 308.)
- Increased Emotional Maturity (Vol. 1: 65, 77, 87, 93, 95; Vol. 2: 150, 153, 158; Vol. 3: 290; Vol. 4: 308, 316.)
- Increased Sensitivity to One's Own Needs and Feelings (Vol. 1: 69, 70, 72; Vol. 2: 151, 153.)
- Improved Adjustment (Vol. 1: 81.)
- Greater Optimism (Vol. 2: 138.)
- Increased Moral Maturity (Vol. 1: 91; Vol. 3: 265, 270; Vol. 4: 309.)
- Increased Altruism (Vol. 1: 71, 73; Vol. 2: 138.)
- Greater Open-Mindedness: Greater Flexibility of Constructions of Reality (Vol. 2: 152.)
- Increased Ability to See the Opposites of Life as Meaningfully Related (Vol. 1: 76.)
- Increased Time Competence: Increased Ability to Connect Past and Present Meaningfully (Vol. 1: 69, 70, 76; Vol. 2: 151, 153, 155.)
- Decreased Behavioural Rigidity (Vol. 1: 87, 103; Vol. 3: 250; Vol. 4: 300.)
- Improvements in Mental Health Positively Correlated with Duration and Regularity of Practice of Transcendental Meditation (Vol. 3: 247.)

Reduction in Negative Personality Characteristics

- Decreased Anxiety (Vol. 1: 33, 35, 61, 62, 68, 71, 72, 74, 75, 78, 81, 84, 88–90, 92, 93, 95; Vol. 2: 125, 133, 138, 143, 145, 148, 150, 153, 154, 157, 160; Vol. 3: 234, 238, 268, 273, 275, 278, 280, 281, 284, 288, 290; Vol. 4: 308, 310, 311, 313, 314, 316.)
- Decreased Tension (Vol. 1: 65, 77, 81; Vol. 2: 150, 153, 157; Vol. 3: 277, 281, 284; Vol. 4: 308.)
- Decreased Nervousness (Vol. 1: 65, 77; Vol. 2: 147; Vol. 3: 273, 277, 290; Vol. 4: 308, 316.)
- Decreased Neuroticism (Vol. 1: 54, 55, 65, 67, 74, 77, 78, 92; Vol. 2: 137, 158; Vol. 3: 267, 269, 277, 278, 280; Vol. 4: 308, 310.)
- Decreased Hidden Mental Turbulence (Vol. 3: 269.)
- Decreased Depression (Vol. 1: 65, 67, 74, 77, 78, 95; Vol. 2: 143, 147, 150, 158; Vol. 3: 238, 239, 268, 273, 277, 290; Vol. 4: 308, 313.)
- Decreased Frustration (Vol. 2: 153.)
- Decreased Irritability (Vol. 1: 65, 73, 77; Vol. 2: 147, 158, 164; Vol. 3: 278; Vol. 4: 308.)
- Decreased Impulsiveness (Vol. 1: 71; Vol. 2: 138, 157; Vol. 4: 316.)
- Decreased Need for Tranquillizers (Vol. 1: 35, 95; Vol. 2: 150, 153, 163; Vol. 3: 238, 239, 243, 247, 267.)
- Decreased Need for Anti-Depressants (Vol. 2: 153; Vol. 3: 247.)

- Decreased Use of Cigarettes (Vol. 1: 80, 84; Vol. 2: 150, 153, 161–163; Vol. 3: 239, 247, 276, 280, 287.)
- Decreased Use of Alcohol (Vol. 1: 73, 80, 83–85, 95; Vol. 2: 126, 150, 153, 162, 163; Vol. 3: 239, 247, 282, 283, 287; Vol. 4: 313.)

Improved Social Relationships

- Increased Social Maturity (Vol. 2: 138; Vol. 3: 261.)
- Greater Sense of Social Responsibility (Vol. 2: 138, 158.)
- Increased Sociability (Vol. 1: 65, 71, 73, 77; Vol. 2: 138; Vol. 3: 261, 266, 277, 290; Vol. 4: 316.)
- Increased Outgoingness and Tendency to Participate (Vol. 1: 73; Vol. 2: 150, 153.)
- Greater Respect for the Views of Others (Vol. 2: 164.)
- Improved Ability to Appreciate Others (Vol. 3: 271.)
- Greater Attentiveness to Others (Vol. 2: 164.)
- Increased Ability to Co-operate with Others (Vol. 1: 73; Vol. 2: 161, 164.)
- Increased Good-Naturedness, Friendliness, and Loyalty (Vol. 1: 73.)
- Increased Trust (Vol. 1: 67; Vol. 2: 138, 150.)
- Increased Respectfulness (Vol. 1: 65, 77; Vol. 3: 290.)
- Greater Tolerance of Authority (Vol. 2: 138.)
- Greater Marital Satisfaction:
 - Greater Adjustment (Vol. 2: 165; Vol. 4: 315.)

- Greater Happiness (Vol. 2: 165.)
- Greater Harmony (Vol. 2: 165.)
- Greater Intimacy (Vol. 2: 165.)
- Greater Acceptance of One's Spouse (Vol. 2: 165.)
- Greater Admiration of One's Spouse (Vol. 2: 165.)
- Greater Agreement on Conduct (Vol. 2: 165.)
- Greater Agreement on Recreation (Vol. 2: 165.)

Growth of Perfect Health

- Improved Health of the Cardiovascular System (Vol. 1: 32–35; Vol. 2: 124, 125, 130; Vol. 3: 202, 232, 233, 235, 236, 238, 244–247; Vol. 4: 300.)
- Improved Health of the Respiratory System (Vol. 1: 2, 6, 36–38; Vol. 2: 130; Vol. 3: 232, 238, 247.)
- Improved Health of the Nervous System (Vol. 1: 1–4, 14–18, 20, 21, 25–28, 43, 45–49, 53–56, 58, 62, 63, 87, 102–104; Vol. 2: 114–117, 120, 123, 129–131, 134, 135, 140; Vol. 3: 202, 205, 210, 211, 213–219, 221, 223, 224, 226, 227, 229–231, 245, 246, 248, 250, 251, 253, 254, 257, 258, 260, 265; Vol. 4: 294–296, 298, 301.)
- Improved Health of the Endocrine System (Vol. 2: 109; Vol. 3: 206, 238, 240; Vol. 4: 299.)
- Improved Health of the Immune System: Increased Resistance to Disease (Vol. 1: 2, 39; Vol. 3: 237–239, 247.)
- Improved Health of the Musculo-Skeletal System (Vol. 3: 238, 241.)
- Improved Health of the Digestive System (Vol. 1: 39, 95; Vol. 3: 237–239.)
- Improved General Health (Vol. 1: 2, 31, 35,

40–42, 44, 95; Vol. 2: 125–127, 150, 153, 157, 160; Vol. 3: 232, 238, 239, 241, 243, 247, 278, 280, 290; Vol. 4: 300, 314.)

Reversal of the Ageing Process

- Younger Biological Age Compared to Population Norms (Vol. 3: 242, 245, 246.)
- Younger Biological Age Compared with Control Subjects (Vol. 3: 242.)
- Longitudinal Reduction in Biological Age (Vol. 3: 246.)
- Increased Longevity (Vol. 4: 300.)
- Duration of Practice of the Transcendental Meditation and TM-Sidhi Programme Found to Be Correlated with Younger Biological Age (Vol. 3: 242, 245, 246.)
- Duration of Practice of the Transcendental Meditation and TM-Sidhi Programme Found to Be Predictive of:
 - Younger Physiological Age as Reflected in Levels of Systolic Blood Pressure and Auditory Threshold (Vol. 3: 245.)
 - Superior Performance on Tests Measuring Age-Related Psychological Variables: Visual Memory, Creativity, Field Independence, Perceptual Speed, Motor Speed, Reaction Time, and Non-Verbal Intelligence (Vol. 3: 257.)
- Other Findings Indicating Reversal of the Ageing Process (Vol. 1: 15, 18, 25–28, 31–42, 45–53, 55–58, 63, 65, 67, 74, 77, 78, 87, 88, 103, 104; Vol. 2: 123–126, 128–130, 134, 136, 143, 147, 150, 158; Vol. 3: 195, 197, 202, 232, 233, 235, 236, 239, 240, 244, 248, 250, 251, 254–256, 259–261,

268, 273, 277, 278, 280, 290; Vol. 4: 294, 299–301, 307.)

- Multiple Improvements in Factors Most Closely Associated with Longevity: Cardiovascular Health, Work Satisfaction, Positive Health Habits, Physical Function, Happiness Rating, Self-Health Rating, Intelligence, and Mental Health (Please Refer to Appropriate Findings throughout Volumes 1, 2, 3, and 4.)
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DEFENCE

The following findings have been taken from the over 300 original scientific papers reprinted in *Scientific Research on the Transcendental Meditation and TM-Sidhi Programme: Collected Papers*, Volumes 1, 2, 3, and 4 and listed in the first section of this book. The numbers contained in the brackets after each finding refer to the designated numbers of the original research studies as they are reprinted in Volumes 1, 2, 3, and 4 mentioned above.

UNIFIED FIELD BASED DEFENCE

Enlivening the Infinite Organizing Power of Nature Inherent within the Unified Field to Bring Collective Consciousness in Alliance with the Total Potential of Natural Law and Raise the Nation to Invincibility—Avert the Danger That Has Not Yet Come.

Increased Coherence in Collective Consciousness—the Basis of National Invincibility and World Peace

The following research findings demonstrate that one percent of a population practising the Transcendental Meditation programme or the square root of one percent collectively practising the TM-Sidhi programme radiate a powerful influence of coherence and harmony in collective consciousness bringing life in accordance with all the laws of nature and raising the nation to invincibility.

- Cessation of Attack on a Community and Protection from Ongoing Armed Conflict in the Surrounding Area (Vol. 4: 331, Lebanon, 1982–1984.)
- Decreased Turbulence and Violence in Society (Vol. 4: 322, Iran, Nicaragua, and Rhodesia [Zimbabwe], 1978.)
- Decreased War Intensity and War Deaths (Vol. 4: 322, Rhodesia [Zimbabwe], 1978; 331, Lebanon, 1982–1984; 333, Lebanon, 1983; 335, Lebanon, 1983–1984.)
- Increased Progress towards Peaceful Resolution of Conflict (Vol. 4: 322, Nicaragua and Rhodesia [Zimbabwe], 1978; 335, Lebanon, 1983–1984; 337, Worldwide, 1983–1984.)
- More Positive, Evolutionary Statements and Actions of Heads of State (Vol. 4: 337, Worldwide, 1983–1984.)
- Increased Harmony in International Affairs (Vol. 4: 322, Worldwide, 1978; 337, Worldwide, 1983–1984.)
- Increased Positivity in National Mood (Vol. 4: 333, Israel, 1983.)
- Decreased Crime (Vol. 1: 98, Cities, USA, 1973; Vol. 2: 166, Cities, USA, 1974–1976; Vol. 4: 318, Cities, USA, 1973–1978; 319, Cities, USA, 1974–1976; 320, Metropolitan Areas, USA, 1973–1978; 323, USA, 1979; 325, Holland, 1979 and 1981; 326, Delhi, India, 1980–1981; 328, Washington, D.C., USA, 1981–1983; 334, Puerto Rico, USA, 1984; 337, State of Victoria, Australia, Washington, D.C., USA, and Karachi, Pakistan, 1983–1984.)

- Improved Quality of Provincial Life as Measured by an Index Including: Total Crime Rate, Mortality Rate, Motor Vehicle Fatality Rate, Auto Accident Rate, Unemployment Rate, Pollution, Beer Consumption Rate, and Cigarette Consumption Rate (Vol. 4: 321, Rhode Island, USA, 1978.)
- Improved Quality of National Life as Measured by an Index Including: Crime Rate, Percentage of Civil Cases Reaching Trial, Rate of Infectious Diseases, Infant Mortality Rate, Suicide Rate, Cigarette Consumption, Alcohol Consumption, Gross National Product, Patent Application Rate, Number of Degrees Conferred, Divorce Rate, and Traffic Fatalities (Vol. 4: 332, USA, 1976–1983.)
- Decreased Motor Vehicle Accidents and Fatalities (Vol. 4: 317, Cities, USA, 1973–1977; 323, USA, 1979; 325, Holland, 1979; 327, USA, 1982; 333, Jerusalem, Israel, 1983; 337, USA, South Africa, and States of New South Wales, Victoria, and Western Australia, Australia, 1983–1984.)
- Decreased Air Traffic Fatalities and Fatal Accidents (Vol. 4: 323, USA, 1979; 337, Worldwide, 1983–1984.)
- Decreased Incidence of Infectious Diseases (Vol. 4: 337, USA and Australia, 1983–1984.)
- Decreased Fires (Vol. 4: 333, Jerusalem, Israel, 1983.)
- Decreased Suicide Rate (Vol. 4: 317, Cities, USA, 1973–1977; 323, USA, 1979.)
- Improved Weather Conditions (Vol. 4: 324, Iowa, USA, 1979–1980; 333, Jerusalem, Israel, 1983.)

- Increased Confidence, Optimism, and Economic Prosperity: Improvement in Economic Indicators (Vol. 4: 323, USA, 1979; 329, Washington, D.C., USA, 1981–1983; 330, United Kingdom, 1982–1983; 333, Israel, 1983; 335, Lebanon, 1984; 336, Worldwide, 1983–1984; 337, Worldwide, 1983–1984.)
- Increased Creativity as Measured by Increased Patent Applications (Vol. 4: 337, USA, Australia, South Africa, and United Kingdom, 1983–1984.)

Increased Coherence of Brain Functioning: The Basis of Increased Coherence in National Consciousness and World Consciousness—Structuring Invincibility for the Nation and Peace in the Family of Nations

- Increased Orderliness of Brain Functioning (Vol. 1: 1–4, 14–18, 20, 102; Vol. 2: 115, 117; Vol. 3: 205, 210, 211, 213, 215, 217, 218, 224; Vol. 4: 294–296.)
- Increased Integration of Brain Functioning (Vol. 1: 14–17, 20, 102; Vol. 3: 205, 210, 211, 213, 215, 217, 218, 224; Vol. 4: 294–296.)
- Increased Brain Wave Coherence (Vol. 1: 20, 21, 102; Vol. 3: 205, 210, 213, 215, 217, 218, 224; Vol. 4: 294, 296.)
- Increased Blood Flow to the Brain: The Basis of Optimizing Brain Functioning (Vol. 2: 105, 106; Vol. 3: 194, 195.)
- Increased Neurological Efficiency:
—Increased Efficiency of Information Transfer in

- the Brain (Vol. 2: 114, 116; Vol. 3: 214, 251.)
- Improved Spinal Reflex Activity (Vol. 3: 226, 227, 229.)
- Greater Ability to Process Information at Speed (Vol. 2: 123.)
- Improved Left Hemispheric Functioning—Improved Verbal and Analytical Thinking (Vol. 1: 54–56, 58, 62, 63, 103; Vol. 2: 134; Vol. 3: 260, 265.)
- Improved Right Hemispheric Functioning—Improved Synthetic and Holistic Thinking (Vol. 1: 103; Vol. 2: 135, 140; Vol. 3: 257, 260.)
- Increased Sensitivity, Strength, and Flexibility of the Nervous System (Vol. 4: 301.)
- Greater Adaptability of Brain Functioning (Vol. 2: 120.)
- Correlations Found in Subjects Practising the Transcendental Meditation and TM-Sidhi Programme:
 - Between Duration of Practice of Transcendental Meditation and High EEG Coherence (Vol. 4: 296.)
 - Between High EEG Coherence, High Levels of Principled Moral Reasoning, and a Unified Cosmic Perspective on Life (Vol. 3: 223.)
 - Between High EEG Coherence and More Ideal Social Behaviour (Vol. 4: 297.)
- Increased Intersubject EEG Coherence: Long-Range Effects of the Group Dynamics of Consciousness (Vol. 3: 222.)

Freedom from Stress in Individual Life: The Basis of Freedom from Tension in National Life and International Affairs—Structuring Invincibility for the Nation and Peace in the Family of Nations

*A Unique State of Deep Rest during
Transcendental Meditation—the Perfect Means
to Neutralize Stress and Tension*

- The Experience of Pure Consciousness Found to Be Associated with: High EEG Coherence; Marked Reductions in Respiration Rate, Heart Rate, and Metabolic Rate; Periodic Breath Suspension; Absence of Spontaneous Skin Resistance Responses; High Basal Skin Resistance (Vol. 1: 7; Vol. 3: 197, 205, 213.)
- Decreased Metabolic Rate: Decreased Oxygen Consumption (Vol. 1: 1–4, 6, 7, 9; Vol. 2: 108, 130; Vol. 3: 205.)
- Decreased Respiration Rate (Vol. 1: 2–5, 9, 10; Vol. 2: 108; Vol. 3: 197, 205.)
- Periodic Breath Suspension (Vol. 1: 8; Vol. 3: 197, 205, 213; Vol. 4: 293.)
- Decreased Heart Rate (Vol. 1: 1–4, 6; Vol. 2: 108; Vol. 3: 197, 205; Vol. 4: 302.)
- Increased Basal Skin Resistance (Vol. 1: 1–4, 22–24; Vol. 2: 130; Vol. 3: 205; Vol. 4: 293.)
- Decreased Spontaneous Skin Resistance Responses (Vol. 1: 25–27; Vol. 2: 130; Vol. 3: 197, 205.)

- Increased Muscle Relaxation (Vol. 1: 15; Vol. 2: 122; Vol. 3: 209, 212.)
- Reduction in Biochemical Indices of Stress:
 - Decreased Arterial Lactate Levels (Vol. 1: 2–4; Vol. 3: 194, 203; Vol. 4: 291, 292.)
 - Decreased Plasma Cortisol Levels (Vol. 1: 12; Vol. 2: 109, 111; Vol. 3: 190, 191, 200, 202.)
- EEG Indications of a Unique State of Restful Alertness (Vol. 1: 1–4, 7, 14, 15, 17, 18; Vol. 2: 117; Vol. 3: 211, 213, 220.)
- Reduced Metabolism in Muscle Tissue (Vol. 3: 207; Vol. 4: 291.)

Decreased Physiological Stress and Increased Relaxation during Activity

- Biochemical Indication of Reduced Stress: Decreased Urinary Free Cortisol Levels (Vol. 2: 109.)
- Increased Autonomic Stability (Vol. 1: 25–28, 87; Vol. 2: 123, 130; Vol. 3: 197, 205.)
- More Effective Interaction with the Environment: Improved Resistance to Stress (Vol. 1: 25–28; Vol. 2: 123.)
- Maintenance of a Relaxed Style of Physiological Functioning Outside of Meditation (Vol. 1: 6, 18, 30; Vol. 3: 197.)
- Maintenance of Physiological Relaxation during a Task (Vol. 2: 122.)

Improved Psychological Health

- Decreased Anxiety (Vol. 1: 33, 35, 61, 62, 68, 71, 72, 74, 75, 78, 81, 84, 88–90, 92, 93, 95; Vol. 2: 125, 133, 138, 143, 145, 148, 150, 153, 154, 157,

- 160; Vol. 3: 234, 238, 268, 273, 275, 278, 280, 281, 284, 288, 290; Vol. 4: 308, 310, 311, 313, 314, 316.)
- Decreased Tension (Vol. 1: 65, 77, 81; Vol. 2: 150, 153, 157; Vol. 3: 277, 281, 284; Vol. 4: 308.)
 - Decreased Nervousness (Vol. 1: 65, 77; Vol. 2: 147; Vol. 3: 273, 277, 290; Vol. 4: 308, 316.)
 - Decreased Neuroticism (Vol. 1: 54, 55, 65, 67, 74, 77, 78, 92; Vol. 2: 137, 158; Vol. 3: 267, 269, 277, 278, 280; Vol. 4: 308, 310.)
 - Decreased Hidden Mental Turbulence (Vol. 3: 269.)
 - Decreased Somatic Neurotic Instability (Vol. 1: 55.)
 - Decreased Psychosomatic Disturbance (Vol. 1: 65, 77, 95; Vol. 3: 232, 241, 277, 290.)
 - Decreased Depression (Vol. 1: 65, 67, 74, 77, 78, 95; Vol. 2: 143, 147, 150, 158; Vol. 3: 238, 239, 268, 273, 277, 290; Vol. 4: 308, 313.)
 - Decreased Instability and Hypochondriacal and Neurasthenic Symptoms (Vol. 2: 153.)
 - Decreased Hypochondria (Vol. 1: 93.)
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 - Decreased Sense of Physical Inadequacy (Vol. 1: 67.)
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 - Decreased Aggression (Vol. 1: 65, 73, 74, 77; Vol. 2: 147, 158; Vol. 3: 284, 290; Vol. 4: 308.)

- Decreased Hostility (Vol. 2: 142, 143, 158, 160; Vol. 3: 278, 280; Vol. 4: 314.)
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- Increased Emotional Harmony and Absence of Regressive Behaviour (Vol. 2: 150.)
- Decreased Drug Abuse (Vol. 1: 73, 79–82, 84–86, 89, 90, 95; Vol. 2: 153, 161–163; Vol. 3: 239, 247, 277, 282, 287.)
- Decreased Use of Cigarettes (Vol. 1: 80, 84; Vol. 2: 150, 153, 161–163; Vol. 3: 239, 247, 276, 280, 287.)
- Decreased Use of Alcohol (Vol. 1: 73, 80, 83–85, 95; Vol. 2: 126, 150, 153, 162, 163; Vol. 3: 239, 247, 282, 283, 287; Vol. 4: 313.)

**Growth of Integration in Individual Life:
The Basis of Integrated National
Consciousness and Integrated
World Consciousness—Structuring
Invincibility for the Nation
and Peace in the Family of Nations**

- Experience of Pure Consciousness during Transcendental Meditation (Vol. 1: 2, 7, 8, 20, 21, 99–102; Vol. 3: 197, 213, 216, 218, 258.)
- Growth of Higher States of Consciousness (Vol. 1: 19, 99–104; Vol. 3: 216, 258, 284; Vol. 4: 312.)
- Increased Self-Actualization: Increased Integra-

tion, Unity, and Wholeness of Personality (Vol. 1: 64, 67, 69, 70, 72, 74, 76, 78; Vol. 2: 144, 151, 153, 155; Vol. 3: 239.)

- Greater Ability to Bring the Inner Self to Healthy Expression (Vol. 2: 141.)
- Greater Commitment to Personal Growth (Vol. 2: 138.)
- Increased Inner-Directedness: Greater Independence and Self-Supportiveness (Vol. 1: 64, 69, 70, 72, 76; Vol. 2: 139, 151, 153, 155; Vol. 3: 268.)
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- Increased Self-Reliance (Vol. 1: 65, 77; Vol. 2: 153; Vol. 3: 277.)
- Less Sensitivity to Criticism (Vol. 1: 67.)
- Less Tendency to Worry about Other People's Opinions (Vol. 2: 164.)
- Less Need to Belong and Be Accepted (Vol. 3: 268.)
- Increased Self-Discipline (Vol. 4: 316.)
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- Enhanced Self-Concept (Vol. 2: 142, 144, 146, 148, 156; Vol. 3: 274.)

- Enhanced Self-Esteem (Vol. 1: 62, 67; Vol. 2: 156, 158; Vol. 3: 239.)
- Enhanced Self-Regard (Vol. 1: 64, 69, 76, 90; Vol. 2: 139, 151, 153; Vol. 3: 266.)
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- Increased Self-Confidence (Vol. 1: 65, 77; Vol. 2: 150; Vol. 3: 261, 277, 290; Vol. 4: 304, 308.)
- Increased Self-Assuredness (Vol. 1: 65, 77; Vol. 3: 277, 290; Vol. 4: 308.)
- Enhanced Inner Well-Being (Vol. 2: 147; Vol. 4: 300, 310.)
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- Greater Calm in Frustrating Situations (Vol. 1: 65, 77; Vol. 4: 308, 316.)
- Increased Contentment (Vol. 1: 65, 67, 77; Vol. 2: 150; Vol. 3: 277, 290; Vol. 4: 308.)
- Increased Happiness (Vol. 1: 90; Vol. 2: 147.)
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- Increased Emotional Stability (Vol. 1: 65, 71, 77, 87, 93, 95; Vol. 2: 138, 150, 153, 158; Vol. 3: 241, 273, 277, 290; Vol. 4: 308.)
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- Increased Sensitivity to One's Own Needs and Feelings (Vol. 1: 69, 70, 72; Vol. 2: 151, 153.)
- Improved Adjustment (Vol. 1: 81.)
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- High Level of Moral Atmosphere in a High School Setting (Vol. 4: 309.)
- Greater Open-Mindedness: Greater Flexibility of Constructions of Reality (Vol. 2: 152.)
- Increased Ability to See the Opposites of Life as Meaningfully Related (Vol. 1: 76.)
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- Improvements in Mental Health Positively Correlated with Duration and Regularity of Practice of Transcendental Meditation (Vol. 3: 247.)

Growth of Ideal Social Behaviour: The Basis of Harmony in National Life and International Relations— Structuring Invincibility for the Nation and Peace in the Family of Nations

- Increased Ability to See Man as Essentially Good (Vol. 1: 76; Vol. 2: 153; Vol. 3: 266.)
- Increased Social Maturity (Vol. 2: 138; Vol. 3: 261.)
- Greater Sense of Social Responsibility (Vol. 2: 138, 158.)
- Increased Sociability (Vol. 1: 65, 71, 73, 77; Vol. 2: 138; Vol. 3: 261, 266, 277, 290; Vol. 4: 316.)
- Less Sense of Social Inadequacy (Vol. 3: 266.)
- Decreased Social Introversion (Vol. 1: 87.)
- Increased Outgoingness and Tendency to Participate (Vol. 1: 73; Vol. 2: 150, 153.)
- Increased Capacity for Warm Interpersonal Relationships (Vol. 1: 69, 70, 73, 76, 77; Vol. 2: 149, 151, 153; Vol. 3: 268, 277, 290; Vol. 4: 316.)
- Increased Friendliness (Vol. 1: 65, 77; Vol. 3: 277, 290.)
- Greater Respect for the Views of Others (Vol. 2: 164.)
- Improved Ability to Appreciate Others (Vol. 3: 271.)
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- Increased Ability to Be Objective, Fair-Minded, and Reasonable (Vol. 4: 316.)
- Increased Consideration for Others (Vol. 1: 71, 73; Vol. 2: 153.)
- Increased Good-Naturedness, Friendliness, and Loyalty (Vol. 1: 73.)
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- Increased Good Humour (Vol. 1: 65, 77; Vol. 3: 277, 290; Vol. 4: 308.)
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- Growth of a More Sympathetic, Helpful, and Caring Nature (Vol. 1: 73; Vol. 2: 153; Vol. 4: 316.)
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- Less Interest in Superficial Social Contacts (Vol. 3: 268.)
- Greater Marital Satisfaction:

- Greater Adjustment (Vol. 2: 165; Vol. 4: 315.)
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- Greater Acceptance of One's Spouse (Vol. 2: 165.)
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Reversal of the Ageing Process and Growth of Perfect Health for the Individual: The Basis for the Perfect Health of Society and the Whole World— Structuring Invincibility for the Nation and Peace in the Family of Nations

- Improved Health of the Cardiovascular System (Vol. 1: 32–35; Vol. 2: 124, 125, 130; Vol. 3: 202, 232, 233, 235, 236, 238, 244–247; Vol. 4: 300.)
- Improved Health of the Respiratory System (Vol. 1: 2, 6, 36–38; Vol. 2: 130; Vol. 3: 232, 238, 247.)
- Improved Health of the Nervous System (Vol. 1: 1–4, 14–18, 20, 21, 25–28, 43, 45–49, 53–56, 58, 62, 63, 87, 102–104; Vol. 2: 114–117, 120, 123, 129–131, 134, 135, 140; Vol. 3: 202, 205, 210, 211, 213–219, 221, 223, 224, 226, 227, 229–231, 245, 246, 248, 250, 251, 253, 254, 257, 258, 260, 265; Vol. 4: 294–296, 298, 301.)
- Improved Health of the Endocrine System (Vol. 2: 109; Vol. 3: 206, 238, 240; Vol. 4: 299.)
- Improved Health of the Immune System: In-

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- Improved Health of the Musculo-Skeletal System (Vol. 3: 238, 241.)
- Improved Health of the Digestive System (Vol. 1: 39, 95; Vol. 3: 237–239.)
- Improved General Health (Vol. 1: 2, 31, 35, 40–42, 44, 95; Vol. 2: 125–127, 150, 153, 157, 160; Vol. 3: 232, 238, 239, 241, 243, 247, 278, 280, 290; Vol. 4: 300, 314.)

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- Increased Longevity (Vol. 4: 300.)
- Duration of Practice of the Transcendental Meditation and TM-Sidhi Programme Found to Be Correlated with Younger Biological Age (Vol. 3: 242, 245, 246.)
- Duration of Practice of the Transcendental Meditation and TM-Sidhi Programme Found to Be Predictive of:
 - Younger Physiological Age as Reflected in Levels of Systolic Blood Pressure and Auditory Threshold (Vol. 3: 245.)
 - Superior Performance on Tests Measuring Age-Related Psychological Variables: Visual Memory, Creativity, Field Independence, Perceptual

Speed, Motor Speed, Reaction Time, and Non-Verbal Intelligence (Vol. 3: 257.)

- Other Findings Indicating Reversal of the Ageing Process (Vol. 1: 15, 18, 25–28, 31–42, 45–53, 55–58, 63, 65, 67, 74, 77, 78, 87, 88, 103, 104; Vol. 2: 123–126, 128–130, 134, 136, 143, 147, 150, 158; Vol. 3: 195, 197, 202, 232, 233, 235, 236, 239, 240, 244, 248, 250, 251, 254–256, 259–261, 268, 273, 277, 278, 280, 290; Vol. 4: 294, 299–301, 307.)
- Multiple Improvements in Factors Most Closely Associated with Longevity: Cardiovascular Health, Work Satisfaction, Positive Health Habits, Physical Function, Happiness Rating, Self-Health Rating, Intelligence, and Mental Health (Please Refer to Appropriate Findings throughout Volumes 1, 2, 3, and 4.)

INCREASED EFFICIENCY FOR MILITARY PERSONNEL

Increased Clarity and Orderliness of Thinking

- Increased Mental Clarity and Wakefulness (Vol. 1: 93; Vol. 2: 147.)
- Broader Comprehension and Improved Ability to Focus Attention (Vol. 1: 52, 103; Vol. 3: 255, 257, 259; Vol. 4: 307.)
- Improved Concentration (Vol. 2: 132.)
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- Increased Learning Ability (Vol. 1: 56, 57; Vol. 3: 265; Vol. 4: 300.)
- Improved Memory (Vol. 1: 56, 58; Vol. 2: 132,

134, 136; Vol. 3: 257, 264.)

- Spontaneous Organization of Memory (Vol. 1: 58; Vol. 2: 134, 136.)
- Improved Stabilization of Organized Memory (Vol. 1: 58.)
- Improved Intellectual Performance (Vol. 1: 62.)
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Increased Intelligence and Creativity

- Increased Intelligence (Vol. 1: 53, 55, 103; Vol. 2: 150; Vol. 3: 257, 261; Vol. 4: 307.)
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Increased Organizational Ability

- Increased Leadership Ability, Persuasiveness, Forcefulness, and Influence (Vol. 1: 73; Vol. 2: 153.)
- Increased Time Competence: Increased Ability to Think and Act Efficiently in the Present (Vol. 1: 69, 70, 76; Vol. 2: 151, 153, 155.)
- Greater Organizational Ability (Vol. 2: 164.)
- Increased Foresight (Vol. 2: 153.)
- Greater Initiative (Vol. 2: 164.)
- Greater Ability to Assign Priorities (Vol. 2: 164.)
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- Decreased Tendency to Procrastinate (Vol. 1: 65, 77; Vol. 3: 277, 290; Vol. 4: 308.)
- Increased Practicality and Realism (Vol. 2: 153.)
- Decreased Number of Situations in Life Perceived as Problems (Vol. 2: 142.)
- Decreased Number of Serious Problems Experienced (Vol. 2: 142.)

Increased Energy and Dynamism

- Increased Readiness for Activity (Vol. 1: 65; Vol. 2: 147.)
- Increased Alertness (Vol. 1: 29; Vol. 2: 164; Vol. 4: 308.)
- Increased Energy and Enthusiasm (Vol. 4: 316.)
- Increased Liveliness (Vol. 1: 65, 77; Vol. 3: 277, 290.)
- Increased Vigour (Vol. 1: 65, 77; Vol. 3: 277.)
- Increased Energy and Endurance (Vol. 1: 62; Vol. 2: 130.)
- Increased Persistence (Vol. 2: 153.)
- Growth of a More Brave, Adventurous, Action-Oriented Nature (Vol. 1: 73.)
- Increased Physical Well-Being (Vol. 4: 308.)
- Decreased Drowsiness (Vol. 2: 126, 147.)
- Decreased Lethargy (Vol. 2: 126, 147.)
- Decreased Fatigue (Vol. 2: 147; Vol. 3: 238; Vol. 4: 308.)

Increased Efficiency

- Greater Ability to Accomplish More with Less Effort (Vol. 2: 130, 164.)

- Increased Effectiveness (Vol. 1: 65, 77; Vol. 2: 161; Vol. 3: 277.)
- Improved Work Performance (Vol. 1: 96, 97; Vol. 2: 161.)
- Increased Productivity (Vol. 1: 96, 97.)
- Fewer Accidents at Work (Vol. 3: 239.)

Increased Work Satisfaction

- Increased Work Satisfaction (Vol. 1: 96, 97.)
- Increased Enthusiasm for Work (Vol. 2: 150.)
- Decreased Desire to Change Jobs (Vol. 1: 96.)
- Reduced Anxiety about Promotion (Vol. 1: 96.)
- Improved Relations with Co-Workers (Vol. 1: 96, 97.)
- Improved Relations with Supervisors (Vol. 1: 96, 97.)

Improved Perceptual Ability

- Improved Auditory Thresholds (Vol. 1: 104; Vol. 3: 245, 246, 252; Vol. 4: 301, 302.)
- Improved Auditory Discrimination (Vol. 1: 50; Vol. 2: 123, 128; Vol. 3: 256.)
- Improved Efficiency of Visual Perception and Increased Freedom from Habitual Patterns of Perception (Vol. 3: 253; Vol. 4: 300.)
- Lower Incidence of Perceptual Illusion (Vol. 2: 131.)
- Increased Perceptual Flexibility (Vol. 1: 103; Vol. 3: 250, 253; Vol. 4: 300.)
- Increased Perceptual Speed (Vol. 3: 257.)
- Increased Vigilance and Improved Capacity for

Selective Attention (Vol. 3: 251; Vol. 4: 300.)

- Increased Field Independence: Growth of a Stable Internal Frame of Reference (Vol. 1: 51, 52, 103; Vol. 3: 255, 257, 259; Vol. 4: 307.)

Improved Mind-Body Co-ordination

- Faster Reactions (Vol. 1: 45–47, 53; Vol. 2: 129; Vol. 3: 248, 251, 254, 257; Vol. 4: 301.)
- Superior Perceptual-Motor Performance (Vol. 1: 48, 49.)
- Increased Psycho-Motor Speed (Vol. 1: 103; Vol. 3: 250, 257.)
- Increased Functional Efficiency of Psycho-Motor Co-ordination (Vol. 3: 250.)
- Improved Motor-Cognitive Flexibility (Vol. 1: 103.)
- Correlations Found between Experiences of Higher States of Consciousness and Superior Performance on Tests Measuring Perceptual Speed, Flexibility, Creativity, Intelligence, Field Independence, and Psycho-Motor Speed in Subjects Practising the Transcendental Meditation and TM-Sidhi Programme (Vol. 3: 258.)

Improved Athletic Performance

- Increased Neuromuscular Integration (Vol. 2: 130.)
- Increased Running Speed (Vol. 2: 130.)
- Increased Agility (Vol. 2: 130.)
- Improved Standing Broad Jump (Vol. 2: 130.)

REHABILITATION

The following findings have been taken from the over 300 original scientific papers reprinted in *Scientific Research on the Transcendental Meditation and TM-Sidhi Programme: Collected Papers*, Volumes 1, 2, 3, and 4 and listed in the first section of this book. Included are the results of many studies conducted in three principal areas of rehabilitation—criminal correction, the prevention and treatment of drug abuse, and psychiatric rehabilitation—as well as the results of other research of particular relevance to this area. The numbers contained in the brackets after each finding refer to the designated numbers of the original research studies as they are reprinted in Volumes 1, 2, 3, and 4 mentioned above.

UNIFIED FIELD BASED REHABILITATION

Raising the Life of the Individual and Society to Be in Perfect Accordance with All the Laws of Nature through the Transcendental Meditation and TM-Sidhi Programme—Restoring the Full Creative Intelligence of the Individual and Society.

Crime Prevention through the Maharishi Effect

The following research findings demonstrate that one percent of a population practising the Transcendental Meditation programme or the square root of one percent collectively practising the TM-Sidhi programme radiate a powerful influence of coherence

and harmony in collective consciousness bringing life in accordance with all the laws of nature, neutralizing negative tendencies and promoting positive trends in society as a whole.

- Decreased Crime (Vol. 1: 98, Cities, USA, 1973; Vol. 2: 166, Cities, USA, 1974–1976; Vol. 4: 318, Cities, USA, 1973–1978; 319, Cities, USA, 1974–1976; 320, Metropolitan Areas, USA, 1973–1978; 325, Holland, 1979 and 1981; 326, Delhi, India, 1980–1981; 334, Puerto Rico, USA, 1984; 337, State of Victoria, Australia, Washington, D.C., USA, and Karachi, Pakistan, 1983–1984.)
- Decreased Violent Crime (Vol. 4: 323, USA, 1979.)
- Decreased Homicides (Vol. 4: 328, Washington, D.C., USA, 1981–1983.)
- Improved Quality of Provincial Life as Measured by an Index Including: Total Crime Rate, Unemployment Rate, Beer Consumption Rate, Cigarette Consumption Rate, Motor Vehicle Fatality Rate, Auto Accident Rate, Mortality Rate, and Pollution (Vol. 4: 321, Rhode Island, USA, 1978.)
- Improved Quality of National Life as Measured by an Index Including: Crime Rate, Percentage of Civil Cases Reaching Trial, Suicide Rate, Cigarette Consumption, Alcohol Consumption, Traffic Fatalities, Divorce Rate, Rate of Infectious Diseases, Infant Mortality Rate, Gross National Product, Patent Application Rate, and Number of Degrees Conferred (Vol. 4: 332, USA, 1976–1983.)

- Decreased Suicide Rate (Vol. 4: 317, Cities, USA, 1973–1977; 323, USA, 1979.)
- Decreased Number of Fatalities from Accidents, Suicide, and Homicide (Vol. 4: 323, USA, 1979.)
- Decreased Motor Vehicle Accidents and Fatalities (Vol. 4: 317, Cities, USA, 1973–1977; 323, USA, 1979; 325, Holland, 1979; 327, USA, 1982; 333, Jerusalem, Israel, 1983; 337, USA, South Africa, and States of New South Wales, Victoria, and Western Australia, Australia, 1983–1984.)
- Decreased Air Traffic Fatalities and Fatal Accidents (Vol. 4: 323, USA, 1979; 337, Worldwide, 1983–1984.)
- Decreased Turbulence and Violence in Society (Vol. 4: 322, Iran, Nicaragua, and Rhodesia [Zimbabwe], 1978.)
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AGRICULTURE

The following findings have been taken from the over 300 original scientific papers reprinted in *Scientific Research on the Transcendental Meditation and TM-Sidhi Programme: Collected Papers*, Volumes 1, 2, 3, and 4 and listed in the first section of this book. The numbers contained in the brackets after each finding refer to the designated numbers of the original research studies as they are reprinted in Volumes 1, 2, 3, and 4 mentioned above.

UNIFIED FIELD BASED AGRICULTURE

Ensuring National Self-Sufficiency by Raising Life to Be Lived in Accordance with Natural Law—Unfolding the Full Creative Potential of the Farmer and the Whole of Nature.

Increased Balance in Nature through the Maharishi Effect— The Basis for Abundance in Agriculture

The following research findings demonstrate that one percent of a population practising the Transcendental Meditation programme or the square root of one percent collectively practising the TM-Sidhi programme produces a powerful influence of coherence, neutralizing stress in collective consciousness and creating balance in nature.

Support of Nature: Studies Indicating the Feasibility of Establishing 'Automatic Weather Control Towers'—Coherence Creating Groups—in Every Agricultural Region.

- Improved Weather Conditions (Vol. 4: 324, Iowa, USA, 1979–1980; 333, Jerusalem, Israel, 1983.)

Increased Creativity and Decreased Stress in Collective Consciousness, Leading to Increased Balance in Nature

- Increased Confidence, Optimism, and Economic Prosperity: Improvement in Economic Indicators (Vol. 4: 323, USA, 1979; 329, Washington, D.C., USA, 1981–1983; 330, United Kingdom, 1982–1983; 333, Israel, 1983; 335, Lebanon, 1984; 336, Worldwide, 1983–1984; 337, Worldwide, 1983–1984.)
- Increased Creativity as Measured by Increased Patent Applications (Vol. 4: 337, USA, Australia, South Africa, and United Kingdom, 1983–1984.)
- Improved Quality of National Life as Measured by an Index Including: Gross National Product, Patent Application Rate, Rate of Infectious Diseases, Infant Mortality Rate, Suicide Rate, Divorce Rate, Traffic Fatalities, Crime Rate, Percentage of Civil Cases Reaching Trial, and Number of Degrees Conferred (Vol. 4: 332, USA, 1976–1983.)
- Improved Quality of Provincial Life as Measured by an Index Including: Pollution, Mortality Rate, Motor Vehicle Fatality Rate, Auto Accident Rate, Unemployment Rate, and Total Crime Rate (Vol. 4: 321, Rhode Island, USA, 1978.)
- Decreased Fires (Vol. 4: 333, Jerusalem, Israel, 1983.)
- Decreased Turbulence and Violence in Society (Vol. 4: 322, Iran, Nicaragua, and Rhodesia)

- [Zimbabwe], 1978.)
- Decreased War Intensity and War Deaths (Vol. 4: 322, Rhodesia [Zimbabwe], 1978; 331, Lebanon, 1982–1984; 333, Lebanon, 1983; 335, Lebanon, 1983–1984.)
 - Increased Progress towards Peaceful Resolution of Conflict (Vol. 4: 322, Nicaragua and Rhodesia [Zimbabwe], 1978; 335, Lebanon, 1983–1984; 337, Worldwide, 1983–1984.)
 - Increased Harmony in International Affairs (Vol. 4: 322, Worldwide, 1978; 337, Worldwide, 1983–1984.)
 - More Positive, Evolutionary Statements and Actions of Heads of State (Vol. 4: 337, Worldwide, 1983–1984.)
 - Increased Positivity in National Mood (Vol. 4: 333, Israel, 1983.)
 - Decreased Crime (Vol. 1: 98, Cities, USA, 1973; Vol. 2: 166, Cities, USA, 1974–1976; Vol. 4: 318, Cities, USA, 1973–1978; 319, Cities, USA, 1974–1976; 320, Metropolitan Areas, USA, 1973–1978; 323, USA, 1979; 325, Holland, 1979 and 1981; 326, Delhi, India, 1980–1981; 328, Washington, D.C., USA, 1981–1983; 334, Puerto Rico, USA, 1984; 337, State of Victoria, Australia, Washington, D.C., USA, and Karachi, Pakistan, 1983–1984.)
 - Decreased Motor Vehicle Accidents and Fatalities (Vol. 4: 317, Cities, USA, 1973–1977; 323, USA, 1979; 325, Holland, 1979; 327, USA, 1982; 333, Jerusalem, Israel, 1983; 337, USA, South Africa, and States of New South Wales, Victoria, and Western Australia, Australia, 1983–1984.)

- Decreased Air Traffic Fatalities and Fatal Accidents (Vol. 4: 323, USA, 1979; 337, Worldwide, 1983–1984.)
- Decreased Suicide Rate (Vol. 4: 317, Cities, USA, 1973–1977; 323, USA, 1979.)
- Decreased Incidence of Infectious Diseases (Vol. 4: 337, USA and Australia, 1983–1984.)

INCREASED EFFICIENCY FOR THE FARMER AND FARM MANAGEMENT

Increased Efficiency

- Greater Ability to Accomplish More with Less Effort (Vol. 2: 130, 164.)
- Increased Effectiveness (Vol. 1: 65, 77; Vol. 2: 161; Vol. 3: 277.)
- Improved Work Performance (Vol. 1: 96, 97; Vol. 2: 161.)
- Increased Productivity (Vol. 1: 96, 97.)
- Fewer Accidents at Work (Vol. 3: 239.)

Increased Organizational Ability

- Increased Leadership Ability, Persuasiveness, Forcefulness, and Influence (Vol. 1: 73; Vol. 2: 153.)
- Increased Time Competence: Increased Ability to Think and Act Efficiently in the Present (Vol. 1: 69, 70, 76; Vol. 2: 151, 153, 155.)
- Greater Organizational Ability (Vol. 2: 164.)
- Increased Foresight (Vol. 2: 153.)

- Greater Initiative (Vol. 2: 164.)
- Greater Ability to Assign Priorities (Vol. 2: 164.)
- Greater Decision Making Ability (Vol. 2: 164.)
- Decreased Tendency to Procrastinate (Vol. 1: 65, 77; Vol. 3: 277, 290; Vol. 4: 308.)
- Increased Practicality and Realism (Vol. 2: 153.)
- Decreased Number of Situations in Life Perceived as Problems (Vol. 2: 142.)
- Decreased Number of Serious Problems Experienced (Vol. 2: 142.)

Increased Energy and Dynamism

- Increased Readiness for Activity (Vol. 1: 65; Vol. 2: 147.)
- Increased Alertness (Vol. 1: 29; Vol. 2: 164; Vol. 4: 308.)
- Increased Energy and Enthusiasm (Vol. 4: 316.)
- Increased Liveliness (Vol. 1: 65, 77; Vol. 3: 277, 290.)
- Increased Vigour (Vol. 1: 65, 77; Vol. 3: 277.)
- Increased Energy and Endurance (Vol. 1: 62; Vol. 2: 130.)
- Increased Persistence (Vol. 2: 153.)
- Growth of a More Brave, Adventurous, Action-Oriented Nature (Vol. 1: 73.)
- Increased Physical Well-Being (Vol. 4: 308.)
- Decreased Drowsiness (Vol. 2: 126, 147.)
- Decreased Lethargy (Vol. 2: 126, 147.)
- Decreased Fatigue (Vol. 2: 147; Vol. 3: 238; Vol. 4: 308.)

Increased Clarity of Thinking and Perception

- Increased Mental Clarity and Wakefulness (Vol. 1: 93; Vol. 2: 147.)
- Broader Comprehension and Improved Ability to Focus Attention (Vol. 1: 52, 103; Vol. 3: 255, 257, 259; Vol. 4: 307.)
- Improved Concentration (Vol. 2: 132.)
- Improved Comprehension (Vol. 2: 132.)
- Increased Learning Ability (Vol. 1: 56, 57; Vol. 3: 265; Vol. 4: 300.)
- Improved Memory (Vol. 1: 56, 58; Vol. 2: 132, 134, 136; Vol. 3: 257, 264.)
- Spontaneous Organization of Memory (Vol. 1: 58; Vol. 2: 134, 136.)
- Improved Stabilization of Organized Memory (Vol. 1: 58.)
- Improved Intellectual Performance (Vol. 1: 62.)
- Improved Problem-Solving Ability (Vol. 1: 58, 62.)
- Greater Adaptability of Mental Orientation (Vol. 1: 71.)
- Improved Perceptual Acuity (Vol. 1: 50, 104; Vol. 2: 123, 128; Vol. 3: 245, 246, 252, 256; Vol. 4: 301, 302.)
- Improved Efficiency of Visual Perception and Increased Freedom from Habitual Patterns of Perception (Vol. 3: 253; Vol. 4: 300.)
- Lower Incidence of Perceptual Illusion (Vol. 2: 131.)

- Increased Perceptual Flexibility (Vol. 1: 103; Vol. 3: 250, 253; Vol. 4: 300.)
- Increased Perceptual Speed (Vol. 3: 257.)
- Increased Vigilance and Improved Capacity for Selective Attention (Vol. 3: 251; Vol. 4: 300.)

Increased Intelligence and Creativity

- Increased Intelligence (Vol. 1: 53, 55, 103; Vol. 2: 150; Vol. 3: 257, 261; Vol. 4: 307.)
- Enhanced Creativity (Vol. 1: 62, 63, 103; Vol. 2: 150; Vol. 3: 257, 260; Vol. 4: 294, 305.)
- Increased Resourcefulness (Vol. 2: 150.)
- Increased Innovation (Vol. 1: 62.)

Improved Mind-Body Co-ordination

- Faster Reactions (Vol. 1: 45–47, 53; Vol. 2: 129; Vol. 3: 248, 251, 254, 257; Vol. 4: 301.)
- Superior Perceptual-Motor Performance (Vol. 1: 48, 49.)
- Increased Psycho-Motor Speed (Vol. 1: 103; Vol. 3: 250, 257.)
- Increased Functional Efficiency of Psycho-Motor Co-ordination (Vol. 3: 250.)
- Improved Motor-Cognitive Flexibility (Vol. 1: 103.)
- Correlations Found between Experiences of Higher States of Consciousness and Superior Performance on Tests Measuring Perceptual Speed, Flexibility, Creativity, Intelligence, Field Independence, and Psycho-Motor Speed in Subjects Practising the Transcendental Meditation and TM-Sidhi Programme (Vol. 3: 258.)

Improved Physical Fitness

- Increased Neuromuscular Integration (Vol. 2: 130.)
- Increased Agility (Vol. 2: 130.)
- Increased Running Speed (Vol. 2: 130.)
- Improved Standing Broad Jump (Vol. 2: 130.)

Growth of Perfect Health

- Improved Health of the Cardiovascular System (Vol. 1: 32–35; Vol. 2: 124, 125, 130; Vol. 3: 202, 232, 233, 235, 236, 238, 244–247; Vol. 4: 300.)
- Improved Health of the Respiratory System (Vol. 1: 2, 6, 36–38; Vol. 2: 130; Vol. 3: 232, 238, 247.)
- Improved Health of the Nervous System (Vol. 1: 1–4, 14–18, 20, 21, 25–28, 43, 45–49, 53–56, 58, 62, 63, 87, 102–104; Vol. 2: 114–117, 120, 123, 129–131, 134, 135, 140; Vol. 3: 202, 205, 210, 211, 213–219, 221, 223, 224, 226, 227, 229–231, 245, 246, 248, 250, 251, 253, 254, 257, 258, 260, 265; Vol. 4: 294–296, 298, 301.)
- Improved Health of the Endocrine System (Vol. 2: 109; Vol. 3: 206, 238, 240; Vol. 4: 299.)
- Improved Health of the Immune System: Increased Resistance to Disease (Vol. 1: 2, 39; Vol. 3: 237–239, 247.)
- Improved Health of the Musculo-Skeletal System (Vol. 3: 238, 241.)
- Improved Health of the Digestive System (Vol. 1: 39, 95; Vol. 3: 237–239.)
- Improved General Health (Vol. 1: 2, 31, 35, 40–42, 44, 95; Vol. 2: 125–127, 150, 153, 157,

160; Vol. 3: 232, 238, 239, 241, 243, 247, 278, 280, 290; Vol. 4: 300, 314.)

Reversal of the Ageing Process

- Younger Biological Age Compared to Population Norms (Vol. 3: 242, 245, 246.)
- Younger Biological Age Compared with Control Subjects (Vol. 3: 242.)
- Longitudinal Reduction in Biological Age (Vol. 3: 246.)
- Increased Longevity (Vol. 4: 300.)
- Duration of Practice of the Transcendental Meditation and TM-Sidhi Programme Found to Be Correlated with Younger Biological Age (Vol. 3: 242, 245, 246.)
- Duration of Practice of the Transcendental Meditation and TM-Sidhi Programme Found to Be Predictive of:
 - Younger Physiological Age as Reflected in Levels of Systolic Blood Pressure and Auditory Threshold (Vol. 3: 245.)
 - Superior Performance on Tests Measuring Age-Related Psychological Variables: Visual Memory, Creativity, Field Independence, Perceptual Speed, Motor Speed, Reaction Time, and Non-Verbal Intelligence (Vol. 3: 257.)
- Other Findings Indicating Reversal of the Ageing Process (Vol. 1: 15, 18, 25–28, 31–42, 45–53, 55–58, 63, 65, 67, 74, 77, 78, 87, 88, 103, 104; Vol. 2: 123–126, 128–130, 134, 136, 143, 147, 150, 158; Vol. 3: 195, 197, 202, 232, 233, 235, 236, 239, 240, 244, 248, 250, 251, 254–256, 259–261,

268, 273, 277, 278, 280, 290; Vol. 4: 294, 299–301, 307.)

- Multiple Improvements in Factors Most Closely Associated with Longevity: Cardiovascular Health, Work Satisfaction, Positive Health Habits, Physical Function, Happiness Rating, Self-Health Rating, Intelligence, and Mental Health (Please Refer to Appropriate Findings throughout Volumes 1, 2, 3, and 4.)

Increased Work Satisfaction

- Increased Work Satisfaction (Vol. 1: 96, 97.)
- Increased Enthusiasm for Work (Vol. 2: 150.)
- Decreased Desire to Change Jobs (Vol. 1: 96.)
- Improved Relations with Co-Workers (Vol. 1: 96, 97.)
- Improved Relations with Supervisors (Vol. 1: 96, 97.)

THE MAHARISHI EFFECT

Improved Quality of City, Provincial, and National Life

In 1974 it was discovered in 11 cities in the U.S.A. that when the number of people participating in the Transcendental Meditation programme reached one percent of the city population the trend of rising crime rate was reversed, indicating increasing order and harmony in the life of the whole city. The research scientists named this phenomenon of rising coherence in the collective consciousness of the whole society through the practice of the Transcendental Meditation programme the *Maharishi Effect* in honour of His Holiness Maharishi Mahesh Yogi who predicted this effect as early as 1960. Research involving several hundred other cities subsequently replicated this original finding.

The Extended Maharishi Effect: In 1976, with the introduction of the more advanced TM-Sidhi programme, a more powerful effect was expected. The first major test of this prediction took place in 1978 during Maharishi's Global Ideal Society Campaign and the World Peace Project that immediately followed it. This research demonstrated a new formula: that the square root of one percent of a population practising the Transcendental Meditation and TM-Sidhi programme morning and evening together in one place is sufficient to neutralize negative tendencies and promote positive trends throughout the whole population.

This much reduced requirement—in many cases just a few hundred individuals practising the Maharishi Technology of the Unified Field to bring life in accord with natural law for a whole nation—enabled this discovery to be repeatedly verified on the city, provincial, and national levels.

The Maharishi Effect: Increased Coherence in Collective Consciousness through the Practice of the Transcendental Meditation Programme

- Improved Quality of City Life:
 - Decreased Crime Rate (Vol. 1: 98, USA, 1973; Vol. 2: 166, USA, 1974–1976; Vol. 4: 318, USA, 1973–1978; 319, USA, 1974–1976; 320, USA, 1973–1978.)
 - Cessation of Attack on a Community and Protection from Ongoing Armed Conflict in the Surrounding Area (Vol. 4: 331, Lebanon, 1982–1984.)
 - Decreased Suicide Rate (Vol. 4: 317, USA, 1973–1977.)
 - Decreased Automobile Accidents (Vol. 4: 317, USA, 1973–1977.)

The Extended Maharishi Effect: Increased Coherence in Collective Consciousness through the Collective Practice of the Transcendental Meditation and TM-Sidhi Programme

- Improved Quality of City Life:
 - Increased Confidence and Economic Prosperity (Vol. 4: 329, USA, 1981–1983.)
 - Decreased Homicide (Vol. 4: 328, USA, 1981–1983.)

- Decreased Automobile Accidents (Vol. 4: 333, Israel, 1983.)
- Fewer Fires (Vol. 4: 333, Israel, 1983.)
- More Moderate Summer Temperature (Vol. 4: 333, Israel, 1983.)
- Improved Quality of Provincial Life:
 - As Measured by an Index Including: Total Crime Rate, Mortality Rate, Motor Vehicle Fatality Rate, Auto Accident Rate, Unemployment Rate, Pollution, Beer Consumption Rate, and Cigarette Consumption Rate (Vol. 4: 321, USA, 1978.)
 - Decreased Crime (Vol. 4: 326, India, 1980–1981; 334, USA, 1984.)
 - Decreased Violent Crime (Vol. 4: 323, USA, 1979.)
 - Decreased Motor Vehicle Fatalities (Vol. 4: 323, USA, 1979.)
 - Decreased Number of Fatalities from Accidents, Suicide, and Homicide (Vol. 4: 323, USA, 1979.)
 - Improved Winter Weather Conditions (Vol. 4: 324, USA, 1979–1980.)
- Improved Quality of National Life:
 - As Measured by an Index Including: Crime Rate, Percentage of Civil Cases Reaching Trial, Rate of Infectious Diseases, Infant Mortality Rate, Suicide Rate, Cigarette Consumption, Alcohol Consumption, Gross National Product, Patent Application Rate, Number of Degrees Conferred, Divorce Rate, and Traffic Fatalities (Vol. 4: 332, USA, 1976–1983.)
 - Increased Confidence, Optimism, and Economic Prosperity (Vol. 4: 323, USA, 1979; 330,

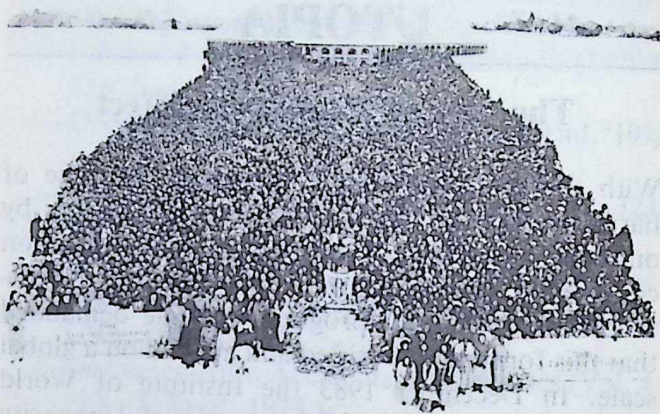
- United Kingdom, 1982–1983; 333, Israel, 1983; 335, Lebanon, 1984.)
- Increased Positivity in National Mood (Vol. 4: 333, Israel, 1983.)
- Decreased Crime (Vol. 4: 325, Holland, 1979 and 1981.)
- Decreased Violent Crime Rate (Vol. 4: 323, USA, 1979.)
- Decreased Number of Fatalities from Accidents, Suicide, and Homicide (Vol. 4: 323, USA, 1979.)
- Decreased Auto Accidents with Injuries (Vol. 4: 325, Holland, 1979.)
- Decreased Motor Vehicle Fatalities (Vol. 4: 323, USA, 1979; 327, USA, 1982.)
- Decreased Air Traffic Fatal Accidents (Vol. 4: 323, USA, 1979.)
- Decreased Turbulence and Violence in Society (Vol. 4: 322, Iran, Nicaragua, and Rhodesia [Zimbabwe], 1978.)
- Decreased War Deaths (Vol. 4: 322, Rhodesia [Zimbabwe], 1978; 333, Lebanon, 1983; 335, Lebanon, 1983–1984.)
- Decreased War Intensity (Vol. 4: 333, Lebanon, 1983; 335, Lebanon, 1983–1984.)
- Increased Progress towards Peaceful Resolution of Conflict (Vol. 4: 322, Nicaragua and Rhodesia [Zimbabwe], 1978; 335, Lebanon, 1984.)
- Increased Harmony between Nations (Vol. 4: 322, Worldwide, 1978.)

UTOPIA

The Global Maharishi Effect

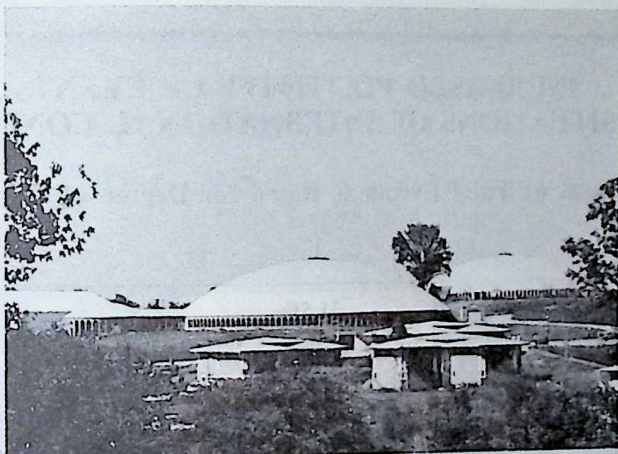
With the discovery that a powerful influence of harmony and coherence is generated in society by only the square root of one percent of a population collectively practising the Transcendental Meditation and TM-Sidhi programme, time demanded that this formula be verified and applied on a global scale. In December 1983 the Institute of World Leadership of Maharishi International University announced, in over 100 of the world's leading newspapers and newsmagazines, a global experiment—the gathering of 7000 experts in the Maharishi Technology of the Unified Field (approximately the square root of one percent of the world's present population) from 17 December 1983 to 6 January 1984 to extend the Maharishi Effect to the whole world and give the world a 'Sample Taste of Utopia'. The research results arising from this experiment, listed below and illustrated on pages 224–230, testify to the global influence of this assembly and the reality of the formula to create utopia for all mankind.

- Improved Quality of City, Provincial, National, and International Life during the Taste of Utopia Assembly, 17 Dec.–6 Jan. 1984:
 - Increased Progress towards Peaceful Resolution of Conflict (Vol. 4: 335, Lebanon; 337, Worldwide.)
 - More Positive, Evolutionary Statements and



**7000 Experts in the Maharishi Technology of the Unified Field
in the Presence of His Holiness Maharishi Mahesh Yogi
Creating a Taste of Utopia for All Mankind.**

- Actions of Heads of State (Vol. 4: 337, Worldwide.)
- Increased Confidence, Optimism, and Economic Prosperity as Measured by Rise of World Stock Index and Simultaneous Increase in Major Stock Market Indices (Vol. 4: 336, Worldwide; 337, Worldwide.)
 - Increased Harmony in International Affairs (Vol. 4: 337, Worldwide.)
 - Increased Creativity as Measured by Increased Patent Applications (Vol. 4: 337, USA, Australia, South Africa, and United Kingdom.)
 - Decreased Traffic Fatalities (Vol. 4: 337, USA, South Africa, and Australia.)
 - Decreased Air Traffic Fatalities (Vol. 4: 337, Worldwide.)
 - Decreased Incidence of Infectious Diseases (Vol. 4: 337, USA and Australia.)



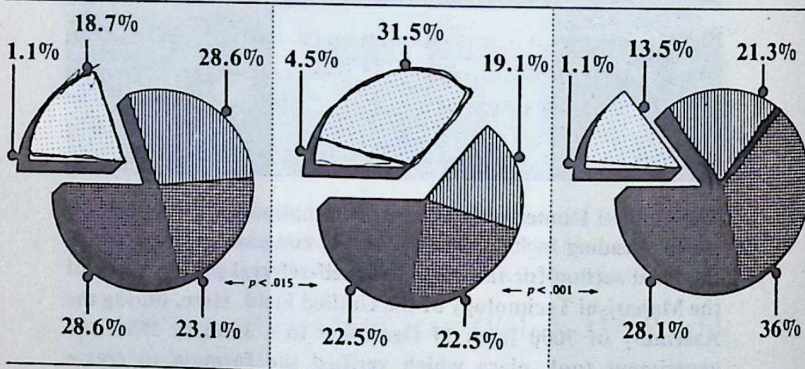
The Golden Domes of Maharishi International University—the world's leading facilities for research in consciousness—provided the ideal setting for the collective, self-referral performance of the Maharishi Technology of the Unified Field. Here, during the Assembly of 7000 from 17 December to 6 January 1984, the experiment took place which verified the formula to create utopia.

- Decreased War Deaths and War Injuries (Vol. 4: 335, Lebanon.)
- Decreased Crime (Vol. 4: 337, State of Victoria, Australia; Washington, D.C., USA; and Karachi, Pakistan.)

The charts reproduced on the following pages graphically summarize these initial results of scientific research on the First Global Taste of Utopia created by the assembly of 7000 experts in the Maharishi Technology of the Unified Field at MIU.

INCREASED POSITIVITY OF EVENTS IN SITUATIONS OF INTERNATIONAL CONFLICT

Percent of Total Events as Rated for Degree of Conflict



Three-Week Period
Prior to Assembly

THREE-WEEK TASTE
OF UTOPIA ASSEMBLY

Three-Week Period
After Assembly



Strongly
Positive Events



Unchanged
Negative
Conditions



Strongly
Negative Events



Positive Events



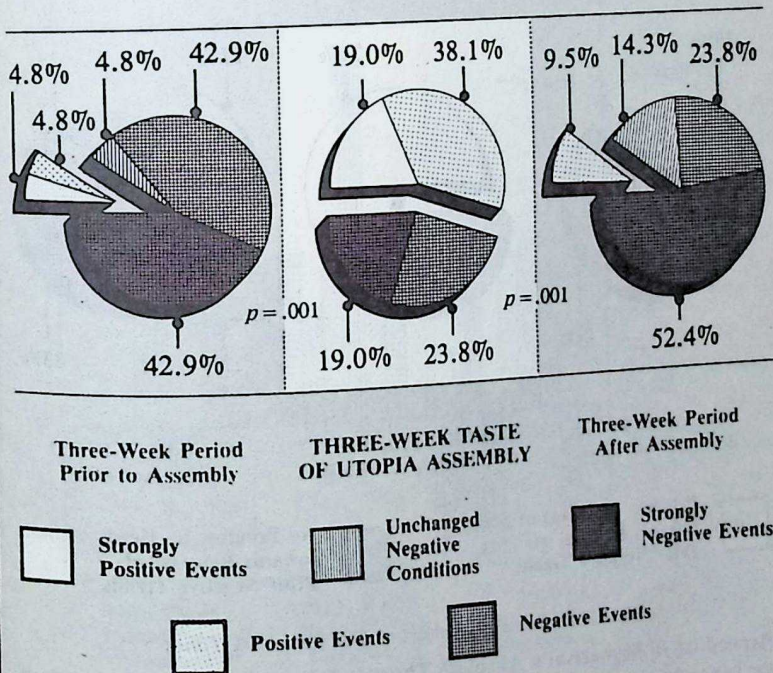
Negative Events

SOURCE: Content Analysis of *The New York Times*

During the three-week period of the Taste of Utopia Assembly the balance of negativity to positivity in events pertaining to international conflicts in the trouble-spot areas of the world shifted significantly towards increased positivity. After the Assembly the balance of events reverted towards increased negativity.

INCREASED POSITIVITY OF EVENTS IN LEBANESE CONFLICT

Percent of Days in Each Period
as Rated for Degree of Conflict

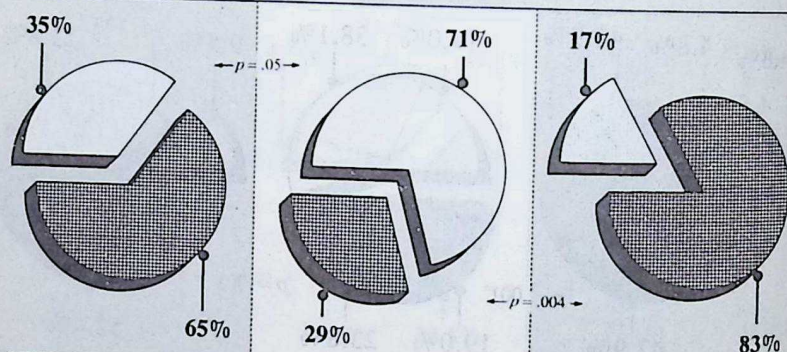


SOURCE: Content Analysis of *Al Nahar*
(Major Lebanese Newspaper)

During the three-week period of the Taste of Utopia Assembly positivity of events in Lebanon substantially increased, seen as progress towards peaceful resolution of the conflict. After the Assembly the situation quickly deteriorated. (Note: The content analysis was conducted by a team comprising members of various interest groups in Lebanon.)

INCREASED VITALITY AND POSITIVITY OF HEADS OF STATE

Percent of Events with Prior Negative Trends
Rated for Reversal or Non-Reversal of Trend



Three-Week Period
Prior to Assembly

THREE-WEEK TASTE
OF UTOPIA ASSEMBLY

Three-Week Period
After Assembly



Progress by Heads of State
towards Reversal of
Prior Negative Trends

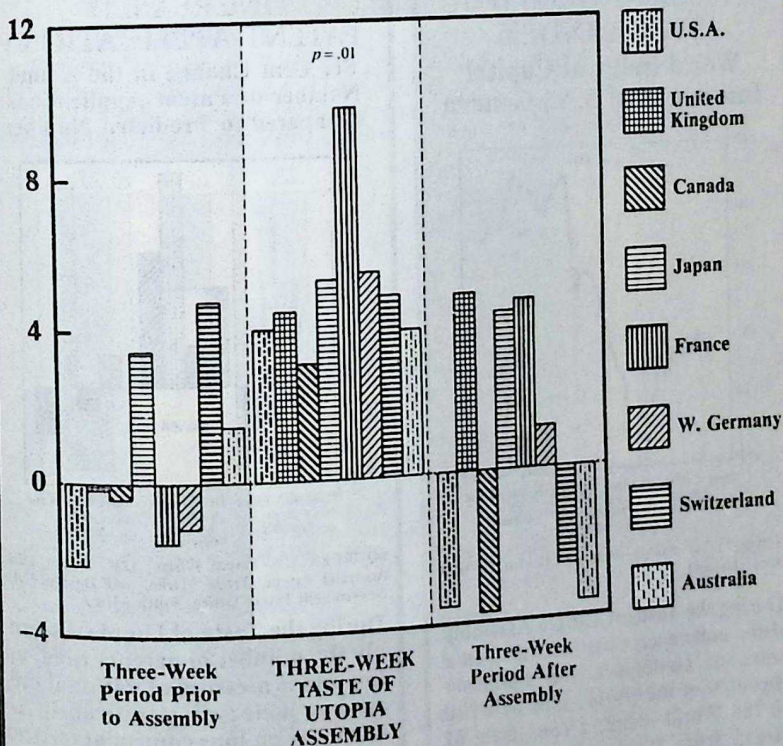


No Progress by Heads of State
towards Reversal of
Prior Negative Trends

SOURCE: Content Analysis of *The New York Times*

According to Maharishi's Absolute Theory of Government, government is the innocent mirror of the nation, and the head of state reflects by his speech and actions the quality of national consciousness. During the Taste of Utopia Assembly coherence increased in world consciousness as exhibited by more positive, evolutionary statements and actions of heads of state of nations throughout the world and by more national and international support for their policies and leadership. After the Assembly the quality of the statements and actions of heads of state and of the support they received reverted towards less positivity.

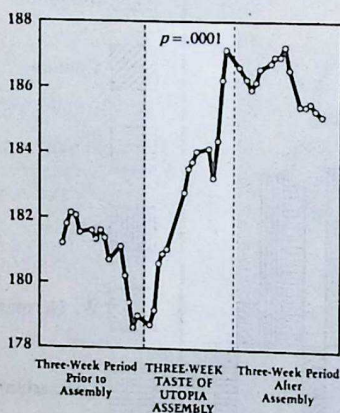
SIMULTANEOUS INCREASE OF MAJOR STOCK MARKET INDICES Per Cent Change over Three-Week Period



SOURCE: *The Wall Street Journal*

During the Taste of Utopia Assembly the major stock markets of the world increased simultaneously, indicating balanced economic growth worldwide. After the Assembly the same major stock markets reverted to a pattern similar to that seen prior to the Assembly, with some increasing and some decreasing.

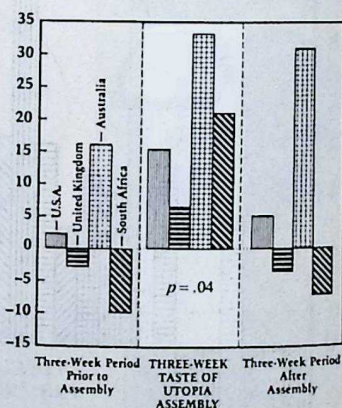
RIISING WORLD STOCK INDEX **World Index of Capital** **International S.A., Geneva**



SOURCE: Capital International S.A., Geneva (*The Wall Street Journal*)

During the Taste of Utopia Assembly rising coherence from MIU created a wave of confidence and optimism throughout the world, seen as a rise in the World index, a composite of stocks from 19 countries. After the Assembly the index resumed a downward trend.

INCREASED PATENT APPLICATIONS **Per Cent Change in the Actual** **Number of Patent Applications** **Compared to Predicted Number**

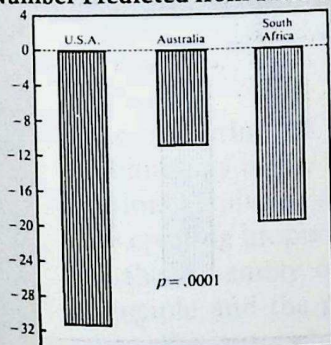


SOURCES: U.S. Patent Office; U.K. Patent Office; Australia Patent, Trade Marks, and Design Office; Government Patent Office, South Africa

During the Taste of Utopia Assembly the number of patents filed, an important measure of national creativity, increased significantly in countries on four continents. After the Assembly the number of applications tended to revert to a pattern similar to that seen prior to the Assembly.

DECREASED TRAFFIC FATALITIES

Percent Decrease in Traffic Fatalities, 17 December 1983 to 6 January 1984, Compared with the Number Predicted from Prior Years



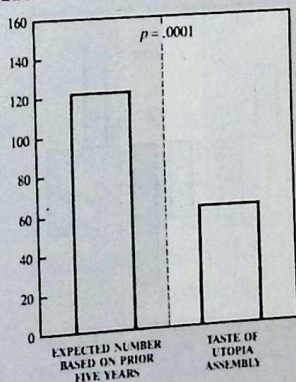
SOURCES: National Safety Council, U.S.A.; National Road Safety Council, South Africa; State Police Dept., Sydney, Police Dept., Perth, and Road Traffic Authority, Hawthorn, Australia.

[Note: Traffic fatalities for Australia are for Western Australia, New South Wales, and Victoria.]

Traffic fatalities decreased significantly during the Taste of Utopia Assembly. In the U.S.A., traffic fatalities per day over the Christmas and New Year's weekends were at an all-time low, even though miles driven per day, despite the cold weather, were at an all-time high.

WORLDWIDE DECREASE IN AIR TRAFFIC FATALITIES

Number of Air Traffic Fatalities From 17 December to 6 January

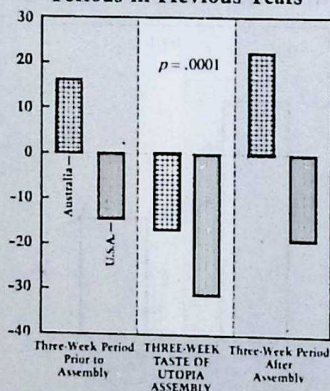


SOURCES: International Civil Aviation Organization; National Transportation Safety Board, U.S.A.

During the Taste of Utopia Assembly the number of air traffic fatalities in the world was 49% lower than the expected number based on the prior five years for the same time of year. It was also 29% lower than the lowest number during the equivalent three-week period in the prior five years.

DECREASED INCIDENCE OF INFECTIOUS DISEASES

Percent Change in Total Incidence of Notifiable Infectious Diseases Compared to Medians for Equivalent Periods in Previous Years

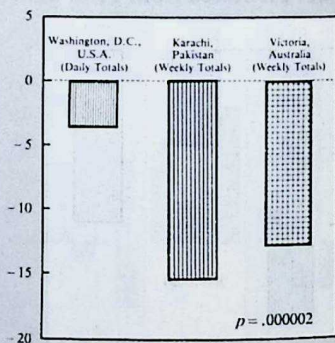


SOURCES: Center for Disease Control, U.S.A.; Department of Health, Commonwealth of Australia. (Note: Number of previous years considered—4 years for Australia, 5 years for U.S.A.)

The incidence of all major categories of notifiable infectious diseases decreased during the Taste of Utopia Assembly. After the Taste of Utopia Assembly the incidence of infectious diseases began to rise again towards levels comparable to previous years.

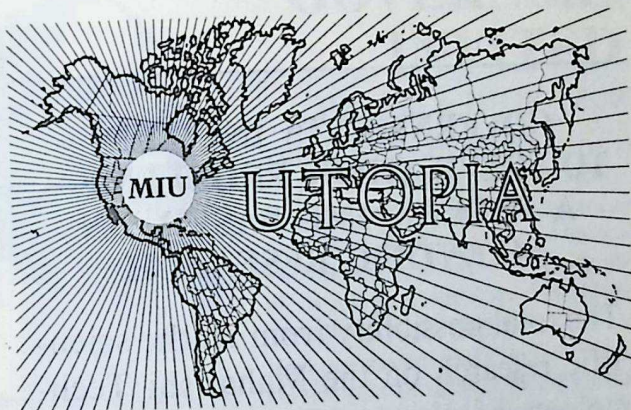
REDUCED CRIME TOTALS

Percent Change in Daily or Weekly Crime Totals



SOURCES: City Police Department, Washington, D.C.; Inspector-General of Police, Government of Sind, Karachi, Islamic Republic of Pakistan; Research and Development Department, Victoria Police, Melbourne, Australia.

Using time series analysis it was found that during the Taste of Utopia Assembly significant decreases occurred in daily or weekly crime totals, in locations on three continents, in comparison with the average daily or weekly totals for the 24 weeks prior to and three weeks after the Assembly.



The gathering of 7000 experts in the Maharishi Technology of the Unified Field at Maharishi International University verified to the world the formula for creating utopia in this scientific age. The success of the Assembly of 7000 has established both the principle and the practicality of creating positivity throughout the whole family of nations through the group practice, morning and evening, of the Maharishi Technology of the Unified Field by the square root of one percent of the world's population.

The task is so simple that any government or educational institution or even any one philanthropic family can successfully establish a coherence creating group of 7000 and bless the world.

'Now it is the responsibility of the people to create a utopia in every country'.
—Maharishi

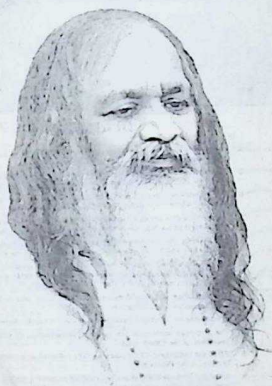
**GOVERNMENTS INVITED
TO SOLVE THEIR PROBLEMS—
A PROGRAMME BASED ON
SCIENTIFIC RESEARCH**

The total possibility from all the scientific research on the Maharishi Technology of the Unified Field is the discovery of that element that can completely eliminate the problems of society. This greatest new discovery of the scientific age is offered to unite the whole mankind.

On the following page is the invitation issued by the World Government of the Age of Enlightenment announcing its readiness to solve the problems of every government. This announcement appeared in over 150 of the world's leading newspapers and newsmagazines. 

GOVERNMENTS INVITED

TO SOLVE THEIR PROBLEMS



His Holiness Maharishi Mahesh Yogi

Founder of the Science of Creative Intelligence and the Technology of the Unified Field (1971-1982); Founder of Maharishi European Research University, Switzerland (1975) and Germany (1982); Founder of Maharishi University of Natural Law, England (1982); Founder of Maharishi International University, United States (1971); Founder of Maharishi Academy of Vedic Science, India (1980); and Founder of the World Government of the Age of Enlightenment (1976).

The World Government of the Age of Enlightenment, a non-political, non-religious, global organization with the participation of the peoples of more than one hundred countries, does not usurp any of the functions of existing governments, nor does it replace them in any way.

The World Government of the Age of Enlightenment enjoys sovereignty in the domain of consciousness, authority in the invincible power of natural law, and activity in the eternally dynamic silence of the unified field of all the forces of nature from where the infinite diversity of the universe is perfectly governed without a problem.

The unified field of all the laws of nature has been glimpsed by the supergravity theory of quantum physics, and its complete knowledge is available in the ancient Vedic literature as recently brought to light by Maharishi. Application of this beautifully complete knowledge of the functioning of nature has given rise to Maharishi's integrated systems of education, health, administration, defence, and rehabilitation.

New principles and programmes to enrich and glorify all areas of life of the individual and the nation have opened a new horizon of perfection for life everywhere.

This practical knowledge is the basis of the World Government's invitation to all governments to rise to a new level of governing without problems.

The Maharishi Technology of the Unified Field, applied to daily living, will enliven the evolutionary power of natural law to uphold life in all positive values—the individual will enjoy freedom from problems and suffering; every nation will enjoy integrated national consciousness, cultural integrity, self-sufficiency, and invincibility; and the whole world will enjoy permanent world peace.

THE WORLD GOVERNMENT OF THE AGE OF ENLIGHTENMENT ANNOUNCES its readiness to solve the problems of any government regardless of the magnitude and nature of the problem—political, economic, social, or religious; and irrespective of its system—capitalism, communism, socialism, democracy, or dictatorship.

Governments are invited to contract with the World Government of the Age of Enlightenment to solve their problems on the basis of cost reimbursement after the target is reached.

1983 can be the year of fulfilment for every government.

- * Complete confidentiality is assured.

- * Consultations, discussions, deputations, and feasibility studies may not be necessary because every government already knows what must be achieved, and the World Government has already developed techniques to fulfil any requirement.

- * The government will set the target, specify the stages, and determine the criteria of success at each stage.

- * The World Government of the Age of Enlightenment will design the project accordingly and implement it.

- * The first step will be a letter of intention from the government to the Minister

of Education, World Government of the Age of Enlightenment, Seelisberg, Switzerland.

- * The contract will be drawn up by a mutually acceptable international law firm in conjunction with an international bank.

It is hoped that every government takes this announcement in the same spirit of absolute sincerity, simplicity, and confidence with which it is being proclaimed in favour of life, happiness, and harmony in the family of nations.

'With the blessings of Guru Dev, life on earth now is on the doorstep of the perpetual sunshine of the Age of Enlightenment'.

—Maharishi

This invitation to all governments to solve their problems is a wave of fulfilment of the Silver Jubilee Celebrations of Maharishi's worldwide transcendental Meditation movement (1957-1983).

THE LAGRANGIAN OF

LAGRANGIAN OF THE UNIFIED FIELD FROM THE STANDPOINT OF MODERN PHYSICS

UNIFIED FIELD LAGRANGIAN	QUALITIES	DERIVATION
$\mathcal{L} =$	ALL POSSIBILITIES	All possible local gauge-invariant operators are generated by non-perturbative quantum gravitational effects at the Planck scale.
$-\frac{1}{2}eR(\epsilon, \omega)$	FREEDOM	The graviton remains a free, unbound particle in the physical spectrum, and the entire supermultiplet becomes asymptotically free at the Planck scale.
$-\frac{1}{2}e^{2\alpha\phi}(\tilde{\psi}_\mu^\dagger \gamma_\mu D_\nu \psi_\nu - \tilde{\psi}_\nu^\dagger \tilde{D}_\mu \gamma_\mu \psi_\nu)$	UNBOUNDEDNESS	The translational invariance of the Lagrangian density, also expressed in its graviton, which is the gauge field of an infinite range force.
$-\frac{1}{2}eF_{\mu\nu}^a F^{\mu\nu a}$	SELF-SUFFICIENCY	The graviton does not participate in the activity of proton binding and is a singlet with respect to the internal SU(3) and SU(2) symmetries of the Lagrangian.
$-\frac{1}{2}e(\tilde{\chi}^{ik} \gamma^\mu D_\mu \chi_{ik} - \tilde{\chi}^{ik} \tilde{D}_\mu \gamma^\mu \chi_{ik})$	BLISS	Expressed by the continuous effacement of topological fluctuations at the Planck scale and by the universally attractive nature of the graviton field.
$-\frac{1}{2}e(\tilde{\chi}^{ik} \gamma^\mu D_\mu \chi_{ik} - \tilde{\chi}^{ik} \tilde{D}_\mu \gamma^\mu \chi_{ik})$	INTEGRATING	The gravitons dynamically uphold local supersymmetry, which integrates the different spin components of the unified field—graviton, photon, vector, spinor, and scalar.
$-\frac{1}{2}e(\tilde{\chi}^{ik} \gamma^\mu D_\mu \chi_{ik} - \tilde{\chi}^{ik} \tilde{D}_\mu \gamma^\mu \chi_{ik})$	INVINCIBILITY	A non-Abelian gauge field dynamically upholds its own invariance under local symmetry transformations.
$-\frac{1}{2}e[F_{\mu\nu}^a S^{IJKL} F^{\mu\nu a}_{KL} + h.c.]$	PERFECT BALANCE	Supersymmetry—perfect balance of bosonic and fermionic degrees of freedom.
$-\frac{1}{2}e[F_{\mu\nu}^a S^{IJKL} O^{\mu\nu a}_{KL} + h.c.]$	FULLY AWAKE WITHIN ITSELF	The zero-point motion of the quantum fields reaches its ultimate level of dynamism at the Planck scale.
$-\frac{1}{2}e[O_{\mu\nu}^a S^{IJKL} (S^{IJKL} + U^{\mu\nu}_{IJ} \gamma_{KL}) O^{\mu\nu a}_{KL} + h.c.]$	TOTAL POTENTIAL OF NATURAL LAW	All of the fundamental field types are fully realized in dynamical degrees of freedom at the Planck scale.
$-\frac{1}{2}e[\tilde{\chi}^{ik} \gamma^\mu \gamma^\nu \psi_{ik} (\gamma_{\mu\nu}^{IJ} + \gamma_{\mu\nu}^{KL}) + h.c.]$	SIMPLICITY	All of the fundamental components together comprise a single irreducible representation of the symmetry group.
$+\epsilon e[\sqrt{2}A_{12}\tilde{\psi}_\mu^\dagger \sigma^{\mu\nu} \psi_\nu + \frac{1}{2}A_{12}\tilde{\psi}_\mu^\dagger \gamma^\mu \chi_{ik} U_{\mu\nu} + \frac{1}{2}A_{12}\eta e^{i\alpha\phi} A_{12} \tilde{\psi}_\mu^\dagger \gamma^\mu \chi_{ik} + h.c.]$	UNMANIFEST	The fundamental components of the unified field, the proton, do not appear in manifest particles.
$+\epsilon e[\sqrt{2}A_{12}\tilde{\psi}_\mu^\dagger \sigma^{\mu\nu} \psi_\nu + \frac{1}{2}A_{12}\tilde{\psi}_\mu^\dagger \gamma^\mu \chi_{ik} U_{\mu\nu} + \frac{1}{2}A_{12}\eta e^{i\alpha\phi} A_{12} \tilde{\psi}_\mu^\dagger \gamma^\mu \chi_{ik} + h.c.]$	HARMONIZING	The gravitons in the gauge field of local supersymmetry which unite completely opposite values—boson and fermion fields.
$+\epsilon e[\sqrt{2}A_{12}\tilde{\psi}_\mu^\dagger \sigma^{\mu\nu} \psi_\nu + \frac{1}{2}A_{12}\tilde{\psi}_\mu^\dagger \gamma^\mu \chi_{ik} U_{\mu\nu} + \frac{1}{2}A_{12}\eta e^{i\alpha\phi} A_{12} \tilde{\psi}_\mu^\dagger \gamma^\mu \chi_{ik} + h.c.]$	SELF-REFERRAL	The non-Abelian property of self-interaction of the vector fields that uphold the local SU(3) symmetry. The property of self-interaction is also present in the graviton, photon, spinor, and scalar fields, and therefore in the entire supermultiplet.
$+\epsilon e[\sqrt{2}A_{12}\tilde{\psi}_\mu^\dagger \sigma^{\mu\nu} \psi_\nu + \frac{1}{2}A_{12}\tilde{\psi}_\mu^\dagger \gamma^\mu \chi_{ik} U_{\mu\nu} + \frac{1}{2}A_{12}\eta e^{i\alpha\phi} A_{12} \tilde{\psi}_\mu^\dagger \gamma^\mu \chi_{ik} + h.c.]$	INFINITE CORRELATION	Expressed by the terms which uphold the local SU(3) gauge invariance of the Lagrangian.
$+\epsilon e[\sqrt{2}A_{12}\tilde{\psi}_\mu^\dagger \sigma^{\mu\nu} \psi_\nu + \frac{1}{2}A_{12}\tilde{\psi}_\mu^\dagger \gamma^\mu \chi_{ik} U_{\mu\nu} + \frac{1}{2}A_{12}\eta e^{i\alpha\phi} A_{12} \tilde{\psi}_\mu^\dagger \gamma^\mu \chi_{ik} + h.c.]$	INFINITE DYNAMISM	The trilinear and quartic couplings describe the dynamical interaction of the proton fields.
$+\epsilon e[\sqrt{2}A_{12}\tilde{\psi}_\mu^\dagger \sigma^{\mu\nu} \psi_\nu + \frac{1}{2}A_{12}\tilde{\psi}_\mu^\dagger \gamma^\mu \chi_{ik} U_{\mu\nu} + \frac{1}{2}A_{12}\eta e^{i\alpha\phi} A_{12} \tilde{\psi}_\mu^\dagger \gamma^\mu \chi_{ik} + h.c.]$	INFINITE SILENCE	The trilinear and quartic couplings preserve the invariance of the Lagrangian under local supersymmetry transformation.
$+\epsilon e[\sqrt{2}A_{12}\tilde{\psi}_\mu^\dagger \sigma^{\mu\nu} \psi_\nu + \frac{1}{2}A_{12}\tilde{\psi}_\mu^\dagger \gamma^\mu \chi_{ik} U_{\mu\nu} + \frac{1}{2}A_{12}\eta e^{i\alpha\phi} A_{12} \tilde{\psi}_\mu^\dagger \gamma^\mu \chi_{ik} + h.c.]$	PURE KNOWLEDGE	The Lagrangian is the most compact mathematical expression of the complete structure of the laws of nature.
$+\epsilon e[\sqrt{2}A_{12}\tilde{\psi}_\mu^\dagger \sigma^{\mu\nu} \psi_\nu + \frac{1}{2}A_{12}\tilde{\psi}_\mu^\dagger \gamma^\mu \chi_{ik} U_{\mu\nu} + \frac{1}{2}A_{12}\eta e^{i\alpha\phi} A_{12} \tilde{\psi}_\mu^\dagger \gamma^\mu \chi_{ik} + h.c.]$	INFINITE ORGANIZING POWER	The Hamiltonian operator, derived from the Lagrangian by a Legendre transformation, governs all activity in the universe.
$+\epsilon e[\sqrt{2}A_{12}\tilde{\psi}_\mu^\dagger \sigma^{\mu\nu} \psi_\nu + \frac{1}{2}A_{12}\tilde{\psi}_\mu^\dagger \gamma^\mu \chi_{ik} U_{\mu\nu} + \frac{1}{2}A_{12}\eta e^{i\alpha\phi} A_{12} \tilde{\psi}_\mu^\dagger \gamma^\mu \chi_{ik} + h.c.]$	PERFECT ORDERLINESS	The SU(3), SU(2), and extended super-Poincaré symmetries of the Lagrangian, are spontaneously restored at the Planck scale.
$+\epsilon e[\sqrt{2}A_{12}\tilde{\psi}_\mu^\dagger \sigma^{\mu\nu} \psi_\nu + \frac{1}{2}A_{12}\tilde{\psi}_\mu^\dagger \gamma^\mu \chi_{ik} U_{\mu\nu} + \frac{1}{2}A_{12}\eta e^{i\alpha\phi} A_{12} \tilde{\psi}_\mu^\dagger \gamma^\mu \chi_{ik} + h.c.]$	INFINITE CREATIVITY	The Hamiltonian governs the time-evolution of the universe.
$+\epsilon e[\sqrt{2}A_{12}\tilde{\psi}_\mu^\dagger \sigma^{\mu\nu} \psi_\nu + \frac{1}{2}A_{12}\tilde{\psi}_\mu^\dagger \gamma^\mu \chi_{ik} U_{\mu\nu} + \frac{1}{2}A_{12}\eta e^{i\alpha\phi} A_{12} \tilde{\psi}_\mu^\dagger \gamma^\mu \chi_{ik} + h.c.]$	PURIFYING	The symmetries of the Lagrangian, which are broken at macroscopic distances, are spontaneously restored at the Planck scale.
$+\epsilon e[\sqrt{2}A_{12}\tilde{\psi}_\mu^\dagger \sigma^{\mu\nu} \psi_\nu + \frac{1}{2}A_{12}\tilde{\psi}_\mu^\dagger \gamma^\mu \chi_{ik} U_{\mu\nu} + \frac{1}{2}A_{12}\eta e^{i\alpha\phi} A_{12} \tilde{\psi}_\mu^\dagger \gamma^\mu \chi_{ik} + h.c.]$	EVOLUTIONARY	The supermultiplet is a gauge field which dynamically upholds the unified structure of all its individual components.
$+\epsilon e[\sqrt{2}A_{12}\tilde{\psi}_\mu^\dagger \sigma^{\mu\nu} \psi_\nu + \frac{1}{2}A_{12}\tilde{\psi}_\mu^\dagger \gamma^\mu \chi_{ik} U_{\mu\nu} + \frac{1}{2}A_{12}\eta e^{i\alpha\phi} A_{12} \tilde{\psi}_\mu^\dagger \gamma^\mu \chi_{ik} + h.c.]$	NOURISHING	The time-translational invariance of the Lagrangian density.
$+\epsilon e[\sqrt{2}A_{12}\tilde{\psi}_\mu^\dagger \sigma^{\mu\nu} \psi_\nu + \frac{1}{2}A_{12}\tilde{\psi}_\mu^\dagger \gamma^\mu \chi_{ik} U_{\mu\nu} + \frac{1}{2}A_{12}\eta e^{i\alpha\phi} A_{12} \tilde{\psi}_\mu^\dagger \gamma^\mu \chi_{ik} + h.c.]$	IMMORTALITY	

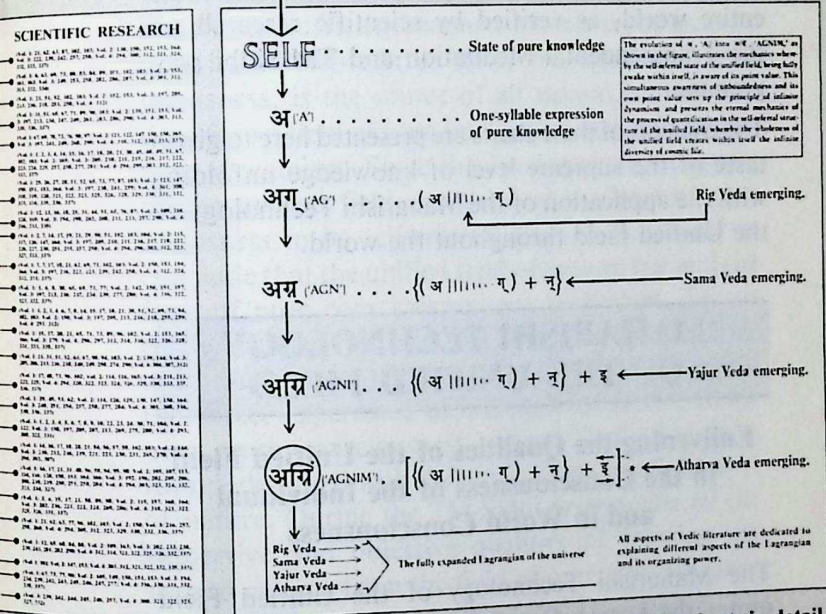
Charts from an exhibition on the unified field developed during the Taste of

The rising coherence in world consciousness created by the Assembly of 7000 experts in the Maharishi Technology of the Unified Field at MIU brought a fresh upsurge of pure knowledge throughout the world which was reflected in new advances in the knowledge of natural law from both the objective approach of modern science and the subjective approach of Vedic Science brought to light by Maharishi.

In quantum field theory, new insights into the self-referral functioning of the unified field of all the laws of nature began to provide a glimpse of pure subjectivity lying at the basis of objective creation. At the same time Maharishi's self-referral commentary, or *Apaurusheya Bhashya*, on the Rig Veda was found to demonstrate that the entire structure of the unified

THE UNIFIED FIELD

LAGRANGIAN OF THE UNIVERSE FROM VEDIC SCIENCE AS BROUGHT TO LIGHT BY MAHARISHI



Utopia Assembly. The following pages describe each section of the charts in detail.

field as well as its expression in the evolution of the universe is located in the self-referral state of consciousness, transcendental consciousness.

The graphic display reproduced in miniature above, and discussed in detail in the following pages, presents a number of the Lagrangian characteristics of the unified field derived from the Lagrangian of N=8 extended supergravity theory, and illustrates the Lagrangian of the universe from Vedic Science as brought to light by Maharishi. These charts, which were developed during the Assembly of 7000, and are discussed in depth in theoretical papers in *Scientific Research on the Transcendental Meditation and TM-Sidhi Programme: Collected Papers*, Volume 5, also demonstrate how the Maharishi Technology of the Unified

Field enlivens each of the qualities of the unified field in the life of the individual, the nation, and the entire world, as verified by scientific research on the Transcendental Meditation and TM-Sidhi programme.

The contents of these charts are presented here to give a taste of the supreme level of knowledge unfolding with the application of the Maharishi Technology of the Unified Field throughout the world.

MAHARISHI TECHNOLOGY OF THE UNIFIED FIELD

Enlivening the Qualities of the Unified Field in the Consciousness of the Individual and in World Consciousness

The Maharishi Technology of the Unified Field unites the knowledge of natural law discovered by the objective approach of modern science with the direct experience of natural law provided by the subjective approach of ancient Vedic Science.

The unified field is described by the supergravity theory of quantum physics as a super-symmetric (perfectly balanced), non-Abelian (self-interacting) field of pure intelligence, which generates the fundamental particles and forces of nature through its infinitely self-referral dynamics at the Planck scale of nature's functioning (10^{-33} cm or 10^{-43} sec), giving rise to the infinite diversity of the universe.

It is striking how the properties of the unified field are precisely the attributes of consciousness. Con-

consciousness alone is fully self-referral, since only consciousness has the ability to know itself in a completely self-sufficient manner. Moreover, consciousness in its self-referral state, transcendental consciousness, is the source of all mental activity and therefore a field of pure intelligence and infinite creative dynamism. Since the fundamental properties of the unified field are identical to those of consciousness in its self-referral state, it is natural to conclude that the unified field of natural law and the field of pure consciousness are equivalent. This is easily verified through the Transcendental Meditation technique, which opens human awareness to the direct experience of transcendental consciousness, pure consciousness, where consciousness is found identified with the unified field of all the laws of nature. During the TM-Sidhi programme all the subjective and objective qualities of creation are seen to emerge from the field of pure consciousness as modes of one's own self-referral intelligence.

As the mind gains increasing familiarity with the unified field, all the beautiful, evolutionary qualities of the unified field spontaneously blossom in individual and collective life. This has been amply verified by extensive scientific research in the areas of physiology, psychology, sociology, and ecology (ref. pages 24–73). In the following pages, the knowledge of the unified field and its qualities is presented in terms of the objective approach of modern science (pages 238–246), the subjective approach of Vedic Science (pages 246–249), and the expression of these qualities in all areas of life through the Maharishi Technology of the Unified Field.

THE LAGRANGIAN OF THE UNIFIED FIELD

From the Objective Approach of Modern Science

The most complete description of the unified field developed by modern science to date is the $N=8$ supergravity theory of quantum physics, which uses a profound symmetry principle known as super symmetry to unify all the particles and forces of nature into a single unified field.

The most complete mathematical description of the unified field is provided by the Lagrangian of $N=8$ supergravity theory, recently formulated by de Wit and Nicolai. The Lagrangian contains within its structure all the laws of nature responsible for all activity in the universe.

The theoretical basis for the verification of the superunification of all the particles and forces of nature on the level of the unified field was developed by Dr. John Hagelin, Chairman of the Department of Physics at Maharishi International University, in his derivation of the qualities of the unified field from the Lagrangian of $N=8$ supergravity theory, given on pages 240 to 246.

Ultimately, because the unified field is completely holistic in its nature and interacts with itself alone, it can be verified only on its own self-referral level. Therefore, the experimental verification of the unified field came on the level of the direct experience of the unified field in the self-referral state of con-

consciousness, a state where the unified field is wide-awake within its own nature and functions in a self-referral way.

The Golden Domes of MIU, the world's leading facilities for research in consciousness, provided the ideal laboratory setting for the unified field:

1. to function in the different modes of its self-referral activity;
2. to observe the various modes of its own self-referral functioning;
3. to enjoy the enlivenment of its total potential in the full blossoming of all its beautiful qualities simultaneously; and
4. spontaneously to purify and nourish its innumerable expressions on every level of life—individual, national, international, and universal.

Experimental evidence for superunification came with the enlivenment of the qualities of the unified field, as demonstrated by the improved quality of world events resulting from the collective, self-referral performance of the Maharishi Technology of the Unified Field by the Assembly of 7000 at MIU from 17 December to 6 January 1984 (ref. pages 221–231).

This scientific discovery is the supreme achievement of our scientific age, inasmuch as it has elevated science from the knowledge of isolated laws of nature to the complete, holistic knowledge of the unified field of all the laws of nature, and has presented the possibility of living life fully supported by the total potential of natural law.

The Lagrangian of the unified field from the standpoint of modern physics is shown on the next page.

LAGRANGIAN OF THE UNIFIED FIELD FROM THE STANDPOINT OF MODERN PHYSICS

UNIFIED FIELD LAGRANGIAN

QUALITIES

 $\mathcal{L} =$

$$-\frac{1}{2}eR(e, \omega)$$

$$-\frac{1}{2}\epsilon^{\mu\nu\sigma}(\bar{\psi}_\mu \gamma_\nu D_\sigma \psi_{\sigma 1} - \bar{\psi}_\mu \tilde{D}_\sigma \gamma_\nu \psi_{\sigma 1})$$

$$-\frac{1}{8}F_{\mu\nu IJ}^+ F^{+\mu\nu}_{IJ}$$

$$-\frac{1}{12}e(\bar{\chi}^{ijk} \gamma^\mu D_\mu \chi_{ijk} - \bar{\chi}^{ijk} \tilde{D}_\mu \gamma^\mu \chi_{ijk})$$

$$-\frac{1}{96}e\mathcal{A}_{\mu}^{ijkl}\mathcal{A}_{ijkl}^{\mu}$$

$$-\frac{1}{4}e[F_{\mu\nu IJ}^+ S^{IJ, KL} F^{+\mu\nu}_{KL} + \text{h.c.}]$$

$$-\frac{1}{2}e[F_{\mu\nu IJ}^+ S^{IJ, KL} O^{+\mu\nu KL} + \text{h.c.}]$$

$$-\frac{1}{4}e[O_{\mu\nu}^{IJ}(S^{IJ, KL} + u_{IJ}^{\mu\nu} v_{\mu\nu KL}) O^{+\mu\nu KL} + \text{h.c.}]$$

$$-\frac{1}{24}e[\bar{\chi}_{ijk} \gamma^\nu \gamma^\mu \psi_{\nu I}(\mathcal{A}_{\mu}^{\hat{ijk}} + \mathcal{A}_{\mu}^{ijkl}) + \text{h.c.}]$$

$$+ge[\sqrt{2}A_{1ij}\bar{\psi}_\mu^i\sigma^{\mu\nu}\psi_\nu^j + \frac{1}{6}A_{2i}^{jkl}\bar{\psi}_\mu^i\gamma^\mu\chi_{jkl} + \frac{\sqrt{2}}{144}\eta\epsilon^{ijkpqr}A_{2pqr}^n\bar{\chi}_{ijk}\chi_{lmn} + \text{h.c.}]$$

$$+g^2e[\frac{3}{4}|A_1^{\mu}|^2 - \frac{1}{24}|A_{2jkl}|^2]$$

$$-\frac{1}{2}e\bar{\psi}_\mu^i\psi_\nu^j\bar{\psi}_\mu^i\psi_\nu^j$$

$$+\frac{\sqrt{2}}{4}e[\bar{\psi}_\mu^i\sigma^{\mu\nu}\gamma^\lambda\chi_{ijk}\cdot\bar{\psi}_\mu^j\psi_\nu^k + \text{h.c.}]$$

$$+e[\frac{1}{144}\eta\epsilon_{ijklmnpq}\bar{\chi}^{ijk}\sigma^{\mu\nu}\chi^{lmn}\bar{\psi}_\mu^p\psi_\nu^q + \frac{1}{8}\bar{\psi}_\mu^i\sigma^{\mu\nu}\gamma^\lambda\chi_{ikl}\bar{\psi}_\mu^j\gamma_\nu\chi^{jkl} + \text{h.c.}]$$

$$+\frac{\sqrt{2}}{6\cdot 144}\eta e[\epsilon^{ijklmnpq}\bar{\chi}_{ijk}\sigma^{\mu\nu}\chi_{lmn}\bar{\psi}_\mu^r\gamma_\nu\chi_{pqr} + \text{h.c.}]$$

$$+\frac{1}{32}e\bar{\chi}^{ikl}\gamma^\mu\chi_{jkl}\bar{\chi}^{lmn}\gamma_\mu\chi_{lmn}$$

$$-\frac{1}{96}e(\bar{\chi}^{ijk}\gamma^\mu\chi_{ijk})^2$$

ALL POSSIBILITIES

FREEDOM

UNBOUNDEDNESS

SELF-SUFFICIENCY

BLISS

INTEGRATING

INVINCIBILITY

PERFECT BALANCE

FULLY AWAKE
WITHIN ITSELF

TOTAL POTENTIAL
OF NATURAL LAW

SIMPLICITY

UNMANIFEST

HARMONIZING

SELF-REFERRAL

INFINITE CORRELATION

INFINITE DYNAMISM

INFINITE SILENCE

PURE KNOWLEDGE

INFINITE
ORGANIZING POWER

PERFECT ORDERLINESS

INFINITE CREATIVITY

PURIFYING

EVOLUTIONARY

NOURISHING

IMMORTALITY

**SCIENTIFIC RESEARCH VALIDATING
THE QUALITIES OF THE UNIFIED FIELD
DEVELOPING IN THE INDIVIDUAL AND
SOCIETY THROUGH THE MAHARISHI
TECHNOLOGY OF THE UNIFIED FIELD**

Because the unified field is the fountainhead of natural law, all qualities in the universe have their origin in the unified field. Presented here are a few key characteristics of the unified field and their derivation from the Lagrangian of $N=8$ supergravity theory. The numbers in brackets refer to the research papers in *Scientific Research on the Transcendental Meditation and TM-Sidhi Programme: Collected Papers*, Volumes 1 to 4, whose findings most clearly exemplify the enlivenment of each quality in the areas of physiology, psychology, sociology, and ecology through the Maharishi Technology of the Unified Field. (For a summary of these findings please refer to pages 24–73.)

- **ALL POSSIBILITIES:** All possible local gauge-invariant operators are generated by non-perturbative quantum gravitational effects at the Planck scale. (Vol. 1: 21, 62, 63, 87, 102, 103; Vol. 2: 130, 150, 152, 153, 164; Vol. 3: 222, 239, 242, 257, 258; Vol. 4: 294, 300, 312, 321, 324, 332, 333, 337.)
- **FREEDOM:** The graviton remains a free, unbound particle in the physical spectrum, and the entire supermultiplet becomes asymptotically free at the Planck scale. (Vol. 1: 6, 63, 69, 73, 80, 83, 84, 89, 101, 102, 103; Vol. 2: 153, 161, 163; Vol. 3: 249, 253, 258, 282, 286, 287; Vol. 4: 301, 312, 313, 332, 334.)

- **UNBOUNDEDNESS:** The translational invariance of the Lagrangian density; also expressed by the graviton, which is the gauge field of an infinite range force. (Vol. 1: 21, 51, 52, 102, 103; Vol. 2: 152, 153; Vol. 3: 197, 205, 213, 216, 218, 253, 258; Vol. 4: 312.)
- **SELF-SUFFICIENCY:** The graviton does not participate in the activity of preon binding and is a singlet with respect to the internal $SO(8)$ and $SU(8)$ symmetries of the Lagrangian. (Vol. 1: 31, 51, 65, 67, 71, 89, 90, 103; Vol. 2: 139, 151, 153; Vol. 3: 197, 213, 234, 247, 249, 261, 283, 286, 290; Vol. 4: 303, 313, 335, 336, 337.)
- **BLISS:** Expressed by the continuous effervescence of topological fluctuations at the Planck scale and by the universally attractive nature of the graviton field. (Vol. 1: 67, 69, 70, 73, 76, 90, 97; Vol. 2: 121, 122, 147, 150, 158, 165; Vol. 3: 197, 241, 249, 268, 290; Vol. 4: 310, 312, 330, 333, 337.)
- **INTEGRATING:** The gravitino fields dynamically uphold local supersymmetry, which integrates the different spin components of the unified field—graviton, gravitinos, vectors, spinors, and scalars. (Vol. 1: 1, 2, 3, 4, 14, 15, 16, 17, 18, 20, 21, 30, 45, 48, 49, 51, 67, 102, 103; Vol. 2: 165; Vol. 3: 205, 210, 211, 215, 216, 217, 222, 223, 224, 225, 257, 258, 277, 281; Vol. 4: 294, 295, 303, 312, 322, 333, 337.)
- **INVINCIBILITY:** A non-Abelian gauge field dynamically upholds its own invariance under local symmetry transformations. (Vol. 1: 25, 26, 27, 28, 51, 52, 65, 73, 77, 87, 103; Vol. 2: 123, 147, 150, 151, 153, 164; Vol. 3: 197, 238, 241, 259; Vol. 4:

- 301, 308, 318, 319, 320, 321, 322, 323, 325, 326, 328, 329, 330, 331, 332, 333, 334, 335, 336, 337.)
- **PERFECT BALANCE:** Supersymmetry—perfect balance of bosonic and fermionic degrees of freedom. (Vol. 1: 12, 13, 16, 18, 25, 31, 44, 51, 65, 76, 87; Vol. 2: 109, 110, 124, 165; Vol. 3: 194, 198, 202, 208, 211, 233, 257, 290; Vol. 4: 316, 333, 335.)
 - **FULLY AWAKE WITHIN ITSELF:** The zero-point motion of the quantum fields reaches its ultimate level of dynamism at the Planck scale. (Vol. 1: 2, 7, 14, 17, 19, 21, 29, 50, 51, 102, 103, 104; Vol. 2: 115, 117, 126, 147, 164; Vol. 3: 197, 205, 210, 211, 216, 217, 218, 222, 226, 227, 230, 251, 255, 257, 258; Vol. 4: 294, 296, 303, 312, 323, 327, 333, 337.)
 - **TOTAL POTENTIAL OF NATURAL LAW:** All of the fundamental field types are fully enlivened as dynamical degrees of freedom at the Planck scale. (Vol. 1: 2, 7, 17, 18, 21, 62, 69, 71, 102, 103; Vol. 2: 150, 153, 159, 164; Vol. 3: 197, 216, 222, 223, 239, 242, 258; Vol. 4: 312, 324, 332, 333, 337.)
 - **SIMPLICITY:** All of the fundamental components together comprise a single irreducible representation of the symmetry group. (Vol. 1: 1, 6, 8, 30, 65, 69, 73, 77; Vol. 2: 142, 150, 151, 157; Vol. 3: 197, 213, 216, 218, 234, 239, 277, 280; Vol. 4: 316, 322, 323, 332, 337.)
 - **UNMANIFEST:** The fundamental components of the unified field, the preons, do not appear as manifest particles. (Vol. 1: 1, 2, 3, 4, 6, 7, 8, 14, 15, 17, 18, 21, 30, 51, 52, 69, 73, 94, 102, 103; Vol. 2: 150; Vol. 3: 197, 205, 213, 216, 218, 255,

259; Vol. 4: 293, 312.)

- **HARMONIZING:** The gravitino is the gauge field of local supersymmetry which unites completely opposite values—bose and fermi fields. (Vol. 1: 15, 17, 20, 21, 65, 71, 73, 89, 96, 102; Vol. 2: 153, 165, 166; Vol. 3: 278; Vol. 4: 296, 297, 312, 314, 316, 322, 326, 328, 331, 333, 335, 337.)
- **SELF-REFERRAL:** The non-Abelian property of self-interaction of the vector fields that uphold the local $SO(8)$ symmetry. The property of self-interaction is also present in the graviton, gravitino, spinor, and scalar fields, and therefore in the entire supermultiplet. (Vol. 1: 21, 31, 51, 52, 65, 67, 90, 94, 103; Vol. 2: 139, 144; Vol. 3: 205, 206, 213, 216, 218, 240, 249, 258, 274, 290; Vol. 4: 304, 307, 312.)
- **INFINITE CORRELATION:** Expressed by the terms which uphold the local $SO(8)$ gauge invariance of the Lagrangian. (Vol. 1: 17, 48, 73, 96, 102; Vol. 2: 114, 116, 165; Vol. 3: 211, 213, 222, 225; Vol. 4: 294, 320, 322, 323, 324, 326, 329, 330, 333, 335, 336, 337.)
- **INFINITE DYNAMISM:** The trilinear and quartic couplings describe the dynamical interaction of the preon fields. (Vol. 1: 29, 45, 53, 62; Vol. 2: 114, 126, 129, 130, 147, 150, 164; Vol. 3: 248, 251, 254, 257, 258, 277, 284; Vol. 4: 301, 308, 316, 330, 336, 337.)
- **INFINITE SILENCE:** The trilinear and quartic couplings preserve the invariance of the Lagrangian under local supersymmetry transformations. (Vol. 1: 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 22, 23, 24, 30, 71, 104; Vol. 2: 122; Vol. 3: 150, 197, 205, 207, 213, 269, 275, 280; Vol. 4: 293, 308, 322, 331.)

- **PURE KNOWLEDGE:** The Lagrangian is the most compact mathematical expression of the complete structure of the laws of nature. (Vol. 1: 14, 16, 17, 18, 20, 21, 54, 56, 57, 58, 102, 103; Vol. 2: 144; Vol. 3: 210, 213, 216, 219, 221, 223, 230, 231, 265, 270; Vol. 4: 294, 303, 307.)
- **INFINITE ORGANIZING POWER:** The Hamiltonian operator, derived from the Lagrangian by a Legendre transformation, governs all activity in the universe. (Vol. 1: 16, 17, 21, 31, 48, 56, 58, 94, 95, 98; Vol. 2: 105, 107, 113, 114, 116, 120, 150, 153, 164, 166; Vol. 3: 192, 196, 202, 205, 206, 208, 218, 219, 250, 251, 258, 284; Vol. 4: 294, 303, 323, 324, 332, 333, 334, 337.)
- **PERFECT ORDERLINESS:** The $SO(8)$, $SU(8)$, and extended super-Poincaré symmetries of the Lagrangian. (Vol. 1: 3, 4, 15, 17, 21, 58, 89, 98; Vol. 2: 115, 157, 160, 164; Vol. 3: 202, 216, 221, 222, 224, 269, 286; Vol. 4: 318, 321, 322, 325, 326, 331, 337.)
- **INFINITE CREATIVITY:** The fountainhead of natural law—from this unified source, all the particles and forces of nature are generated through the process of dynamical symmetry breaking. (Vol. 1: 21, 62, 63, 77, 96, 102, 103; Vol. 2: 150; Vol. 3: 216, 257, 258, 260; Vol. 4: 294, 305, 312, 323, 329, 330, 332, 336, 337.)
- **PURIFYING:** The symmetries of the Lagrangian, which are broken at macroscopic distances, are spontaneously restored at the Planck scale. (Vol. 1: 12, 65, 68, 84, 88; Vol. 2: 109, 163; Vol. 3: 202, 233, 238, 239, 243, 281, 282, 290; Vol. 4: 312, 314, 321, 322, 325, 326, 332, 337.)

- **EVOLUTIONARY:** The Hamiltonian generates the time-evolution of the universe. (Vol. 1: 102; Vol. 2: 147, 153; Vol. 4: 303, 312, 321, 322, 332, 335, 337.)
 - **NOURISHING:** The supermultiplet is a gauge field which dynamically upholds the unified structure of all its individual components. (Vol. 1: 67, 73, 77, 90; Vol. 2: 105, 149, 150, 151, 153; Vol. 3: 194, 234, 239, 242, 243, 245, 246, 247, 277; Vol. 4: 316, 330, 331, 332, 335, 337.)
 - **IMMORTALITY:** The time-translational invariance of the Lagrangian density. (Vol. 3: 239, 242, 244, 245, 246, 257; Vol. 4: 300, 321, 322, 323, 327, 332.)
-

THE LAGRANGIAN OF THE UNIVERSE

From the Subjective Approach of Vedic Science

With reference to the Lagrangian of the unified field developed by the objective approach of modern science, Maharishi brought out the Lagrangian of the universe as it is available in the Veda.

During the Assembly of 7000 at MIU (ref. pages 221–231), Maharishi described the Self as the state of pure knowledge and explained that its first expression, अ, 'A', the first syllable of Rig Veda, is the one-syllable Lagrangian of the universe.

From there, it sequentially unfolds itself to appear in more elaborated versions. By the time the first syllable, 'A', has developed into the first word, अस्मि,

'AGNIM', it has already expressed the complete dynamics of the unified field. 'AGNIM', in turn, continues to sequentially unfold and finally appears as the four Samhitas of the Veda, the fully expanded Lagrangian of the universe. Each Samhita has its own corresponding Brahmana, the Hamiltonian or organizing power aspect of pure knowledge.

This vision of the Lagrangian developing from the Self through the whole range of the Veda makes it clear that the whole of the Veda, the total potential of pure knowledge and its inherent organizing power, is contained in the Self and emerges from the self-referral performance of the Self.

The emergence of the Vedic Lagrangian of the universe from the Self identifies the Self with the unified field of all the laws of nature. Since the total potential of natural law is inherent in the Self and emerges from the Self through its self-referral functioning, self-referral performance becomes the direct means of harnessing the total potential of natural law.

The Maharishi Technology of the Unified Field utilizes this self-referral mechanics to harness the infinite organizing power of nature for the fulfilment of any desire.

It is this that has enlivened the unified field in world consciousness and created evolutionary trends of life everywhere, giving a global taste of utopia, and it is this that is going to perpetuate utopia—unified field based ideal civilization for generations to come.

The Lagrangian of the universe from Vedic Science as brought to light by Maharishi is graphically presented on the following pages.

LAGRANGIAN OF THE FROM VEDIC SCIENCE

SELF State of pure knowledge

अ ('A') One-syllable expression
of pure knowledge

अग् ('AG') (अ ||||| . . . ग्)

अग् ('AGN') { (अ ||||| . . . ग्) +

अग्नि ('AGNI') { (अ ||||| . . . ग्) +

अग्निं ('AGNIM') [{ (अ ||||| . . . ग्) +

Rig Veda →
Sama Veda →
Yajur Veda →
Atharva Veda →

The fully expanded Lagrangian of the

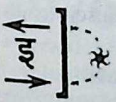
UNIVERSE AS BROUGHT TO LIGHT BY MAHARISHI

The evolution of अ, 'A', into अग्नि, 'AGNIM', as shown in the figure, illustrates the mechanics whereby the self-referral state of the unified field, being fully awake within itself, is aware of its point value. This simultaneous awareness of unboundedness and its own point value sets up the principle of infinite dynamism and presents the eternal mechanics of the process of quantification in the self-referral structure of the unified field, whereby the wholeness of the unified field creates within itself the infinite diversity of cosmic life.

Rig Veda emerging.

न् } ← Sama Veda emerging.

न् } + इ ← Yajur Veda emerging.

न् } +  ← Atharva Veda emerging.

universe

All aspects of Vedic literature are dedicated to explaining different aspects of the Lagrangian and its organizing power.

THE SCIENTIFIC AGE RISING TO

A review of all the scientific research on Transcendental Meditation reveals how the sequential unfoldment of pure knowledge and its infinite organizing power, brought about by the experience of pure consciousness, gives rise to higher states of consciousness in the individual and purifies world consciousness, as evidenced by the rising waves of achievement over the past twenty-five years of Maharishi's movement throughout the world. The following account of the twenty-five years of Maharishi's activity in the world mirrors the spontaneous and sequential character of nature's functioning. This spontaneous

- 1957** Maharishi brings to light transcendental consciousness, the unified field of all the laws of nature.
- 1958** Maharishi, inspired to raise the quality of life in every nation, starts to teach Transcendental Meditation around the world.
- 1960** Maharishi announces the discovery of cosmic consciousness on the basis of experiences of TM around the world.
- 1961** Maharishi's inspiration to 'multiply himself' by training teachers of TM—first international course held in Rishikesh, India.
- 1964** Maharishi explains experiences of TM in terms of the most refined state of cosmic consciousness, God consciousness.
- 1965** Maharishi explains experiences of TM in terms of the principle of action—*nishkama karma yoga, yogasthah kuru karmani*—and completes his commentary on the Bhagavad Gita.
- 1967** Maharishi explains experiences of TM in terms of unity consciousness.
- 1969** Maharishi continues his commentary on the Brahma Sutras.
- 1970** Maharishi's explanation of TM is verified by Dr Keith Wallace, whose first scientific paper brings world-wide publicity to scientific research on TM.
- 1971** Maharishi formulates the Science of Creative Intelligence and establishes Maharishi International University.
- 1972** **Year of the World Plan**
• Maharishi, with 2,000 newly-trained teachers of the Science of Creative Intelligence, inaugurates the World Plan to solve the age-old problems of mankind in this generation.

BE THE AGE OF ENLIGHTENMENT

sequential functioning of nature is described by unified quantum field theories in terms of 'spontaneous sequential symmetry breaking', the phenomenon whereby the unified field creates from within its own self-referral (non-linear) dynamics:

प्रकृतिं स्वामवष्टभ्य विसृजामि पुनः पुनः

Prakritim svam avashtabhya visrijami punah punah (Bhagavad Gita, 9:8). It is this process in nature which has started to create a unified field based ideal civilization from the source of pure knowledge in one individual, His Holiness Maharishi Mahesh Yogi.

1973 Year of Action for the World Plan
• Maharishi launches a global initiative to fulfil the goals of the World Plan: 1) to develop the full potential of the individual; 2) to realize the highest ideal of education; 3) to improve governmental achievements; 4) to solve the age-old problem of crime and all behaviour that brings unhappiness to the family of man; 5) to bring fulfilment to the economic aspirations of individuals and society; 6) to maximize the intelligent use of the environment; and 7) to achieve the spiritual goals of mankind in this generation.

1974 Year of Achievement for the World Plan
• Maharishi Effect is discovered.

1975 Year of Fulfilment for the World Plan
• Maharishi inaugurates the dawn of the Age of Enlightenment and establishes MERU—Maharishi European Research University.

1976 Year of Government for fulfilment of the third goal of the World Plan—Second Year of the Age of Enlightenment.
• Realizing that the goals of the World Plan would be more quickly accomplished by accelerating the achievements of governments, and taking the example of the perfect government in the government of nature, Maharishi inaugurates the World Government of the Age of Enlightenment with its sovereignty in the domain of consciousness and 1,500 Capitals of the Age of Enlightenment around the world. Maharishi establishes as the activity of the World Government the enlivenment of natural law in world consciousness through the enlivenment of the ground state of all the laws of nature, where all the laws of nature emerge to govern the universe. The enlivenment of this level of nature's intelligence is easily accomplished through the most natural practice of the Transcendental Meditation and TM-Sidhi programme, the practical aspect of the Maharishi Technology of the Unified Field.

In this way, Maharishi ensures the support of nature for all governments in the world, irrespective of their involvement with the World Government, and for this reason Maharishi sets forth in the Constitution of the World Government that every head of state will be the President of the World Government in his country.

- Maharishi introduces the TM-Sidhi programme and starts to train Governors of the Age of Enlightenment to function from the unified field to purify world consciousness—the start of performance of Planck-scale activity in the world to create a global influence of coherence.

1977 Year of Ideal Society—Third Year of the Age of Enlightenment.

- Maharishi inaugurates the Ideal Society Campaign for 108 countries.

1978 Year of Invincibility to Every Nation—Fourth Year of the Age of Enlightenment.

- The Extended Maharishi Effect is discovered whereby orderliness and positivity are generated throughout the population when just the square root of one per cent practises the Transcendental Meditation and TM-Sidhi programme together.
- Maharishi celebrates the rise of global coherence and proclaims invincibility to every nation.

1979 Year of All Possibilities—Fifth Year of the Age of Enlightenment.

- Maharishi celebrates the upsurge of organizing power of nature in world consciousness.

- Maharishi starts on his commentary on Rig Veda, the *Apaurusheya Bhashya*.

1980 Year of Pure Knowledge—Sixth Year of the Age of Enlightenment.

- Maharishi, on 12 January, celebrates the upsurge of pure knowledge in world consciousness, and reveals the nature of the Veda in terms of the spontaneous, sequential flow of the eternal, self-referral state of consciousness and brings to light his timeless commentary on Rig Veda, the *Apaurusheya Bhashya*.

1981 Year of Vedic Science—Seventh Year of the Age of Enlightenment.

- Maharishi celebrates the Veda as the fountainhead of all science, and, with the quiet performance of the 3,000 students of Vedic Science in New Delhi, calms down the growing violent tendencies in India, demonstrating the rise of *sattva* (balance in nature) through Vedic Science.

Maharishi's scientific approach to developing higher states of consciousness in the individual and thereby purifying world consciousness, as documented by extensive scientific research, has established the practical utility of the unified field, and the contemporary scientific research into the nature of the unified field has made it clear that the future of scientific research lies in the unified field,

1982 Year of Natural Law—Eighth Year of the Age of Enlightenment.
 • Maharishi inaugurates Maharishi University of Natural Law and Maharishi University of the Age of Enlightenment, with 1,008 Colleges of Natural Law and Colleges of the Age of Enlightenment for the whole world.

1983 Year of the Unified Field—Ninth Year of the Age of Enlightenment.
 • Maharishi formulates the Maharishi Technology of the Unified Field, uniting the glimpse of the unified field by modern science, the abundant knowledge of the unified field through Vedic literature, and the large body of scientific research on the Transcendental Meditation and TM-Sidhi programme.

• Maharishi's world-wide Transcendental Meditation Movement begins its Silver Jubilee Celebrations.

• Maharishi celebrates the rising sunshine of the Age of Enlightenment throughout the world and with 7,000 experts in the Maharishi Technology of the Unified Field at MIU, Fairfield, Iowa, U.S.A., creates coherence in the whole world, gives a sweet taste of utopia to all mankind, and opens a new horizon of possibilities for life on earth.

1984 Year of Unified Field Based Civilization—Tenth Year of the Age of Enlightenment.

• Maharishi, inspired by the global taste of utopia, establishes the irreversibility of the Global Maharishi Effect through the power of pure knowledge, which is endowed with the infinite organizing power of natural law. Large groups of experts in the Maharishi Technology of the Unified Field create a powerful influence of coherence in world consciousness at assemblies held during different times of the year: in Porec, Yugoslavia, 2,500; at MIU, U.S.A., 5,500; and at The Hague, Holland, 6,500.

• Maharishi inspires the establishment of groups of 7,000 experts in the Maharishi Technology of the Unified Field on all continents. Maharishi Unified Field Based Education, Health, Government, Economics, Defence, Rehabilitation, and Agriculture will perpetuate unified field based ideal civilization generation after generation.

• Twenty-one groups of 7,000 students practising TM are established in schools in 21 cities in India; their group practice calms turbulence and enlivens a new vitality in the national consciousness of India.

and the future progress of mankind in the Maharishi Technology of the Unified Field. This time of twenty-five years in the world's history presents a global phase transition from the scientific age to the Age of Enlightenment.

‘Our scientific age is rising to be the Age of Enlightenment’.
 —Maharishi

Results of Scientific Research on Consciousness
Inspires a New Approach to the Administration of Society



WORLD GOVERNMENT OF THE AGE OF ENLIGHTENMENT

His Holiness Maharishi Mahesh Yogi founded the World Government of the Age of Enlightenment on 12 January 1976 to administer and perpetuate the Age of Enlightenment which was inaugurated on 12 January 1975.

The sovereignty of the World Government is the domain of consciousness, the prime mover of life, the unified field of natural law, the field of all possibilities. The World Government is a non-political, non-religious global organization with the participation of the peoples of more than a hundred countries. It does not usurp any of the functions of existing governments nor does it replace them in any way.

The World Government has come into being to raise the level of world consciousness, promote life according to natural law, and create unified field based perfect civilization.

The World Government is achieving this goal by establishing groups of 7000 experts collectively practising the Maharishi Technology of the Unified Field on all continents of the world and through the activities of the 1500 Capitals of the Age of Enlightenment so far established in over 100 countries, each Capital enriching the collective

consciousness of one million people by raising and maintaining higher states of consciousness in the individual.

The World Government Bringing Support of Nature to All Governments

Realizing that the goals of Maharishi's World Plan, which had been inaugurated on 12 January 1972 to solve the age-old problems of mankind in this generation, would be more quickly accomplished by accelerating the achievements of governments and by taking the example of the perfect government in the government of nature, Maharishi established as the activity of the World Government the enlivenment of natural law in world consciousness through the enlivenment of the unified field of all the laws of nature, transcendental consciousness—that most basic level of nature's intelligence from where all the laws of nature emerge to govern the universe. The enlivenment of this level of nature's intelligence is easily accomplished through the most natural practice of the Transcendental Meditation and TM-Sidhi programme, the practical aspect of the Maharishi Technology of the Unified Field.

In this way, Maharishi ensures the support of nature for all governments in the world irrespective of the system of government in any country; and for this reason Maharishi set forth in the Constitution of the World Government that every head of state will be the President of the World Government in his country, the flag of that country will be the flag of the World Government in that country, and the system of administration in that nation will be the system of administration of the World Government in that nation.

The Philosophy of the World Government

The philosophy that upholds the structure, activity, and achievements of the World Government is centred in the

truth that pure consciousness, the unified field of all the laws of nature, is the prime mover of life and the administrator of all action, and that anyone who enlivens in himself the full potential of consciousness enjoys a natural authority over the whole field of action and achievement.

The Constitution of the World Government

The Constitution of the World Government of the Age of Enlightenment is that eternal expression of truth which is present everywhere. It is present in every home and in every heart. It is a universal possession. It is the breath of the timeless knowledge already inscribed by nature in the tendency of every mind to evolve.

The Constitution of the World Government embraces the constitutions of all governments, the scriptures of all religions, the textbooks of all sciences and arts, the inspiring and uplifting literature of every culture, and above all the Maharishi Technology of the Unified Field—that beautiful practical knowledge which enlivens the full potential of the evolutionary nature of life in the individual and in society, and brings fulfilment to the noble aspirations of all constitutions, all religions, all sciences, all arts, all literature.

This all embracing, cosmic constitution is by nature infinitely stable and infinitely flexible. It is universal in its application and beneficial for all mankind. It has the knowledge to unfold the full potential of the human race. It has the power to strengthen the cultural integrity of each country and make every nation self-sufficient and invincible. It has the competence to enliven the total potential of natural law in world consciousness, create an ideal society in every part of the world, and thereby perpetuate the Age of Enlightenment.

Having come to light with the dawn of the Age of Enlightenment, this Constitution established the World Government of the Age of Enlightenment with sover-

eighty in the domain of consciousness, authority in the invincible power of natural law, activity in raising higher consciousness in the individual and society, and a parental role in the family of nations.

The World Parliament of the World Government

The World Government of the Age of Enlightenment has started a programme of seasonal celebrations and assemblies of the World Parliament of the Age of Enlightenment to be held at the commencement of each season. In an atmosphere of celebration, these seasonal sessions of the World Parliament bring together the most distinguished leaders from all areas of society from countries throughout the world to develop plans and design programmes by which the support of nature can be brought to every channel of administration of society in every nation.

Scientific Validation

The World Government of the Age of Enlightenment uses the Maharishi Technology of the Unified Field to purify world consciousness and the national consciousness of every country. The physiological, psychological, sociological, and ecological benefits of the Maharishi Technology of the Unified Field have been amply validated by more than 300 scientific experiments conducted at over 150 universities and research institutes throughout the world, and through the personal experience of millions of people on all continents.

The basis of Maharishi's inspiration to inaugurate the dawn of the Age of Enlightenment in 1975 was the scientific discovery of the Maharishi Effect—the phenomenon whereby only one percent of the population practising the Transcendental Meditation technique, or the square root of one percent participating together in one place in the collective practice of the Transcendental Meditation and

TM-Sidhi programme, is enough to significantly reduce crime, accidents, and sickness, and to enhance positive values in society as a whole. By now, the benefits of the Maharishi Technology of the Unified Field, accumulating on a global level through the influence of the Maharishi Effect, have generated a sufficient degree of coherence in world consciousness that with very little effort any nation can now rise to enjoy unified field based perfect civilization.

Society will soon be characterized by harmony and happiness. Through the Maharishi Unified Field Based Integrated System of Education, which presents every discipline in terms of the Science of Creative Intelligence and the Maharishi Technology of the Unified Field, education will be ideal, producing fully developed citizens. Through the Maharishi Unified Field Based Integrated System of Health, health will be perfect. Through the Maharishi Unified Field Based Integrated System of Rehabilitation, balance will be restored to the life of the individual and his environment, and the increasing ability of man to act in accordance with the laws of nature will strengthen cultural integrity and bring the support of natural law to national law. Through the Maharishi Unified Field Based Integrated System of Administration, the achievements of every government will be enhanced. The Maharishi Unified Field Based Integrated System of Economics will promote fulfilling progress in every country by enlivening the infinite creativity and organizing power of nature in the national consciousness of every country, raising it to the level of self-sufficiency. Through the Maharishi Unified Field Based Integrated System of Agriculture, nature will be balanced—the seasons will come on time, crops will be abundant. Through the Maharishi Unified Field Based Integrated System of Defence, every nation will rise to invincibility, there will be peace in the family of nations, and the whole world will enjoy unified field based perfect civilization.

Council of Supreme Intelligence of the World Government of the Age of Enlightenment

The Council of Supreme Intelligence of the World Government of the Age of Enlightenment is composed of the ten Chief Ministers of the World Government, the six Governor-Generals of the Age of Enlightenment of the six continents of the world, and 108 distinguished members of the World Parliament of the Age of Enlightenment. Its main purpose is to create the policies and programmes of the World Government of the Age of Enlightenment.

The Ten Ministries of the World Government

The philosophy of the World Government of the Age of Enlightenment is practically realized through the structure, activity, and achievements of its ten ministries:

- Ministry for the Development of Consciousness
- Ministry of Natural Law and Order
- Ministry of Cultural Integrity, Invincibility, and World Harmony
- Ministry of Education and Enlightenment
- Ministry of Celebrations and Fulfilment
- Ministry of Prosperity and Progress
- Ministry of Information and Inspiration
- Ministry of All Possibilities: Research and Development
- Ministry for the Capitals of the Age of Enlightenment
- Ministry of Health and Immortality

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Whenever a paper has previously been published in a professional journal or other publication, the reference to that publication is given. In all other cases, details of the institutes or universities at which the research was conducted and conferences at which the results were presented are given.

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Cover Background Design: High EEG coherence during the Transcendental Meditation technique, indicating long-range spatial ordering of brain waves, displayed as a coherence spectral array.

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